

# Parks Recreation



Spring & Summer 2012

city of  
*golden*  
valley 

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## MISSION STATEMENT

THE MISSION OF THE GOLDEN VALLEY PARK AND RECREATION DEPARTMENT IS TO BUILD COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS.

## VISION STATEMENT

THE CITY OF GOLDEN VALLEY SHALL NURTURE PLACES, EVENTS, AND ASSOCIATIONS THAT MAINTAIN RECREATION AS A FOCAL POINT OF FAMILY AND COMMUNITY LIFE.

## Parks & Recreation Office

**200 Brookview Parkway,  
Golden Valley, Minnesota 55426**  
Hours: Monday-Friday, 8:00 AM-4:30 PM  
Phone: 763-512-2345 Fax: 763-512-2344  
Activity Cancellation Line: 763-512-2350



## Brookview Golf Course

Phone: 763-512-2300  
Fax: 763-512-2311  
Tee Times: 763-512-2330  
Par 3 Course: 763-512-2333  
Cancellation Line: 763-512-2300

## City Hall

**7800 Golden Valley Road,  
Golden Valley, Minnesota 55427**  
Hours: Monday-Friday, 8:00 AM-4:30 PM  
Phone: 763-593-8000 Fax: 763-593-8109

## CITY OFFICES CLOSED

**Monday, May 28**  
*Memorial Day*

**Wednesday, July 4**  
*Independence Day*

**Monday, September 3**  
*Labor Day*



This document is available in alternate formats upon a 72-hour request. Please call 763-593-8006 (TTY: 763-593-3968) to make a request. Examples of alternate formats may include large print, electronic, Braille, audiocassette, etc.



# Join up. Give back. Stand out.



**Recruitment Expo**  
June 14, 7-10 pm

**Recruitment Meetings**  
June 28, 9:30 am & 6:30 pm

**Application Deadline**  
July 9, 4 pm

Learn more about becoming  
a Golden Valley firefighter at

**goldenvalleyfire.com**



# Concerts In The Park

Brookview Park - 7:00 PM

**June 11 • June 14 • June 18 • June 25**

**July 9 • July 16 • July 23**



*Brookview Park is located at the southwest corner of Highway 55 and Winnetka Avenue. Plan a neighborhood, family or company picnic. Reservations can be made in person at Brookview Community Center or over the phone with VISA or MasterCard during business hours.*

## PLAY EQUIPMENT KITS

Rent one of our play equipment kits for added fun at your outdoor event!

### Kits Include:

Basketball, Soccer ball, Volleyball, Playground ball, Mini-soccer ball, 4 throw-down bases, 2 softballs and 2 bats (1/child, 1/adult).

**\$15 rental, plus \$30 refundable deposit**

### Other Items:

Bocce Ball Set or Tug-of-War Rope.

**\$10 rental, plus \$10 refundable deposit**

HOLDS UP TO 100 PEOPLE

Fireplace, sink/counter, 3 charcoal grills, 15 tables, 16 outlets, restrooms.

**Resident - \$100**

**Non-Resident - \$120**



LARGE SHELTER

**TWO TIME FRAMES AVAILABLE:** 11:00 AM-4:00 PM 5:00 PM-Dusk

HOLDS UP TO 50 PEOPLE

Two water fountains, 10 tables, 6 outlets, restroom short distance.

**Resident - \$85**

**Non-Resident - \$100**



SMALL SHELTER

## DAMAGE/CLEAN-UP DEPOSIT

A \$100 refundable deposit is due and payable at time of reservation.

- Deposits will be refunded the week following your reservation.
- Due to processing procedures, deposits paid by check or cash could take up to 4 weeks to receive and those paid by credit card will be processed immediately.

## SERVING BEER OR WINE?

Beer or wine only can be served after the \$20 permit has been purchased.

# BROOKVIEW PARK PICNIC SHELTERS



SATURDAY, APRIL 14, 2012



Plan now to join friends and neighbors for one of Golden Valley's most popular events, the annual Run the Valley, sponsored by the Golden Valley Human Services Fund.

# Run the Valley

10k Race & 5k Race/Walk

**Start/End at Brookview Community Center**

5k Race-8:00 AM 10k Race-8:10 AM 5k Walk-8:15 AM

## REGISTRATION BEGINS JANUARY 3

In person, mail, phone at Brookview Community Center  
Online at [www.zapevent.com](http://www.zapevent.com) or [www.active.com](http://www.active.com) (additional fee)

\$25 thru February 29

\$30 March 1-April 13 by 3:00 PM

\$40 on race day from 7:00-7:45 AM

For more information,  
visit [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov) or call the  
Golden Valley Park and Recreation office at 763-512-2345.

Water stops and post-race complimentary snacks donated by area businesses.  
100% of the proceeds are allocated to non-profit organizations that serve Golden Valley residents in need. NOTE: The 5K and 10K race will be chip-timed.



April 23-May 20

The Step To It Challenge is a fun way to get moving again after a long winter. Twenty-three cities will compete to see which one has the most active residents. Awards, celebration events, and free Twins tickets will go to individuals who log the most steps. Make it a family event by having kids join in the fun too!

### How does it work?

Participants record the number of steps they walk each week on the Step To It Web site ([www.steptoit.org](http://www.steptoit.org)). You don't even need a pedometer. You can use the convenient conversation chart on the Web site for logging time spent doing activities such as biking, skateboarding, Tai Chi, or even just mowing the lawn. Best of all, it's FREE!

### Challenge cities

If you live or work in Hennepin County, you're eligible to participate. Registration begins April 1, 2012.

For more information or to register, visit:  
[www.steptoit.org](http://www.steptoit.org)

## Princess Belle's Tea for Two

Ages 3-7 with an Adult

Join Once Upon a Star's Princess Belle for a dress-up tea party. Princesses ages 3-7 bring your favorite adult to this special Tea Party. Learn manners and how to pour from a teapot at this magical event! We will enjoy a story time; share a snack and dance with Belle. Bring your camera for a special photo with Princess Belle. Register by April 20.

**Saturday, April 28**  
**12:30-1:30 PM**  
**Crystal Community Center**

**\$16/pair**  
(Residents of Crystal, Golden Valley,  
New Hope, Robbinsdale)

**\$23/pair Non-resident**  
**Code: 11238**







The Bike Rodeo will be co-sponsored with Golden Valley VFW Post 7051, and the cities of Crystal and New Hope. Bring your bicycle for a free safety check and take a riding skills test. Register at the event to win prizes! No pre-registration required.

## 2012 Bike Rodeo

Wednesday, May 2 ♦ 6:00-8:00 PM  
New Hope City Hall (4401 Xylon Ave N)

**FREE!**



## Come & make a splash at WATER DAYS

Ages 6-14 with an Adult



**Friday, June 22**

AND

**Friday, July 13**

12:30-2:15 PM  
SCHEID PARK

Join the park crew and summer Park and Recreation staff for a two wet and wild days. We will operate three water slides down the big hill at Scheid Park, have a DJ playing music and puppet shows. Drink will be provided at the shelter building. **FREE!**

**NOTE:** Organizations bringing a group by bus must make arrangements in advance to avoid over-crowding. Please call the Recreation office at 763-512-2345 to book your group.

## 2012 GOLDEN VALLEY SAFETY CAMP

AGES 7-10

**TUESDAY, JUNE 26**  
8 AM-4 PM  
BROOKVIEW PARK  
\$25/CHILD  
CODE: 11213

*This program is designed to give youth safety education in a fun setting. Camp Counselors (Golden Valley Police and Fire personnel) will oversee interactive programs and activities that include: fire safety, bike safety, first aid, safety in the home, and much more! Awards will be presented to all youth who complete the Camp. Fee includes snacks, lunch, supervision, and a Safety Camp t-shirt. Transportation to and from Brookview needs to be provided by a parent/guardian. Camp will be held rain or shine. For further information, contact the Golden Valley Police Department at 763-593-8079. Scholarships are available.*





# THE GOLDEN VALLEY PUPPET WAGON



**Tuesday & Thursday, June 12-July 26**  
**1:30-3:30 PM**

Each week the puppet show wagon will stop by the parks with a new show. In case of inclement weather, shows will be cancelled. Watch for puppet show schedule at the park shelters.

**No shows on July 5.**



## TUESDAYS

1:30 - Scheid  
2:00 - Gearty  
2:30 - Hampshire  
3:00 - Wesley  
3:30 - Lions

## THURSDAYS

1:30 - Lakeview  
2:00 - Medley  
2:30 - Lions  
3:00 - Scheid  
3:30 - Hampshire

6TH ANNUAL GOLDEN VALLEY

# ICE CREAM SOCIAL

**FREE**

Rain or Shine!

Brookview Park Large Shelter

**MONDAY, JULY 16 7:00 PM**

FIRST JOHN PHILLIP SOUSA MEMORIAL BAND IN CONCERT FOLLOWED BY ICE CREAM SOCIAL WITH SEBASTIAN JOES. BRING YOUR FAMILY, A CHAIR OR BLANKET AND YOUR LOVE OF ICE CREAM AND JOIN IN THE CELEBRATION!

Sponsored by the Golden Valley Envision Connection Board and the Golden Valley Bridge Builders.

# Penny Carnival

Ages 4 and up

Enjoy carnival games, balloons, dunk tank, puppet shows, hay rides, popcorn, and more. Remember, just bring pennies! All activities are just two to five cents! Parents will need to provide transportation to and from the park.

**NOTE:** Organizations bringing a group by bus must make arrangements in advance. Please call the Recreation office at 763-512-2345.

**Friday, July 27**  
**10:30 AM-12:30 PM**  
**Brookview Park**



# MIGHTY MINI-GOLF

Families with kids ages 4-14 are invited to come enjoy some great family time playing a special miniature golf course on the synthetic field at the Robbinsdale Community Gyms and Fitness Center. Adult participation is required. If weather is questionable, the course will be moved inside to the gym.

Youth  
ages 4-14  
with  
an Adult

**Thursday, August 9**

**Robbinsdale Community Gyms & Fitness Center**  
**Tee times between 5:00-6:30 PM**

\$5 - Resident of Crystal, Golden Valley, New Hope & Robbinsdale  
\$9 - Day of event (space permitting)

Register for a tee time by August 1 by calling Robbinsdale Recreation Services at 763-531-1278.

## Picnic & Music at Brookview Park

Tuesday, July 31 • 11:15 AM-12:00 PM

Pack a picnic lunch, bring a blanket, and enjoy a show by The Flyers. Tell your friends, parents, grandparents - it's for everyone! Drink and popcorn will be provided. In case of inclement weather, event will be held in the large shelter.



## Kids Club Ages 3-5

Instructor, Lisa London, will provide creative activities for your child. With her background in early childhood education, this course promises to be a fun, positive experience. Activities include: games, stories, music, finger plays and arts and crafts. Children must be potty trained.

**Site:** Brookview Community Center  
**Time:** 9:30-11:00 AM  
**Fee:** \$49, Resident \$44

Day	Date	Code
Mon/Wed	April 16-May 23	11202
Tue/Thu	April 17-May 23	11203

### About the Instructor...

*Lisa London*

has a BS degree with a double major in Music/Elementary Education, including pre-school and kindergarten. She has been teaching the Kids' Club for over 12 years.



## Pre-School Playtime Ages 1-5 with an Adult

Adult participation with your child at the different play areas is required. No instruction or staffing is provided. No fee for parents and children under age 1. Pay at the door.

**Site:** Brookview Community Center  
**Date:** Fridays through April 20  
**Time:** 10:00-11:30 AM  
**Fee:** \$3/child or \$25/10-visit punch pass



## Catch, Kick & Throw

Ages 3-4

The athletic instructors will organize a positive learning environment for boys and girls using special equipment, simple athletic tasks and positive feedback. Fee includes a t-shirt.

**Fee:** \$38, Resident \$33

Site	Day	Date	Time	Code
Wesley	Tue	June 12-July 24	1:15-2:15 PM	11250
Hampshire	Tue	June 12-July 24	3:00-4:00 PM	11251
Gearty	Thu	June 14-Aug 2 (No class July 5)	1:15-2:15 PM	11252
Lions	Thu	June 14-Aug 2 (No class July 5)	3:00-4:00 PM	11253

## Pre-School Players Ages 3-5

Activities include art projects, playground fun, games, music, puppet shows, storytelling and more. All participants must be toilet trained. Staff participant ratio is 1:7. Fee includes a t-shirt.

**Fee:** \$43, Resident \$38

Site	Day	Date	Time	Code
Lions	Mon/Wed	June 11-July 23 (No class July 4)	10:45-11:45 AM	11256
Scheid	Tue/Thu	June 12-July 24 (No class July 5)	10:45-11:45 AM	11255



## Little Tigers Self Defense

Ages 3-5

Master Tom Malone will help your child learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect—great personal tools to carry into the future. No uniform is required or provided for this program. Please arrive 5 minutes early so that your child is ready to begin at the start of the class. *\*Resident fee applies to Golden Valley and St. Louis Park residents.*

Site: Davis Community Center

Fee: \$54, \*Resident \$49

Day	Date	Time	Code
Tue	April 10-May 15	5:45-6:15 PM	11205
Tue	May 29-June 26	5:45-6:15 PM	11206
Tue	July 10-Aug 21	5:45-6:15 PM	11207
(No class Aug 14)			

### About the Instructor...

Tom Malone

is a former martial arts state champion with over 17 years experience in martial arts.

## Tae Kwon Do Ages 5+

This self-defense program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape. *\*Resident fee applies to Golden Valley and St. Louis Park.*

Site: Davis Community Center

### BEGINNER

Time: 6:15-7:00 PM

Day	Date	Fee	Code
Tue	April 10-May 15	\$64, Res \$59	11228
Tue	May 29-June 26	\$54, Res \$49	11230
Tue	July 10-Aug 21	\$64, Res \$59	11232
(No class Aug 14)			

### ADVANCED

Time: 7:00-7:45 PM

Day	Date	Fee	Code
Tue	April 10-May 15	\$64, Res \$59	11229
Tue	May 29-June 26	\$54, Res \$49	11231
Tue	July 10-Aug 21	\$64, Res \$59	11233
(No class Aug 14)			



## Kids Yoga & Mindful Movement

Ages 3-12

NEW

Yoga is for EVERYBODY! Boys and girls will have fun exploring yoga poses and playing group games. Each class will start and end with a stillness or calming activity. Through yoga, children will learn how to tune into their bodies, enhance imagination and move their bodies in a non-competitive environment. Studies have shown that children who practice yoga have increased concentration, fewer behavior outbursts, and improved coping skills. Yoga mats will be available for use. Please arrive early and have participants wear clothing suitable for movement. Participants must be potty trained.

Site: Brookview Community Center

Fee: \$60, Resident \$55

Ages	Day	Date	Time	Code
3-6	Wed	April 11-May 16	3:00-3:45 PM	11315
3-5	Thu	June 14-July 26	9:15-10:00 AM	11316
6-12	Thu	June 14-July 26	10:15-11:00 AM	11317

### About the Instructor...

Cindy Margolis

is an instructor with the YogaKids program. She has a Master's Degree in Early Childhood Special Education from University of St. Thomas. She has been teaching preschool for 12 years. She started teaching yoga for kids in 2010 and has been practicing yoga for 10 years.



# SCIENCE EXPLORERS

## Camp Caterpillar *Ages 4-6*

Our earth is a wonderful adventure just waiting for you! As a caterpillar camper, you will begin a new exploration each day as we learn about our planet. You will investigate insects, plants, animals and the weather with fun activities, projects, songs, stories and more.

**Site:** Brookview Community Center    **Fee:** \$61, Resident \$56

Day	Date	Time	Code
Tue-Thu	May 29-31	10:00 AM-12:00 PM	11208

## Tiny Tots Investigate Science

*Ages 3½-5*

Introduce your tot to the exciting world of science! In this hands-on, discovery based adventure, your junior scientist will begin to consider some of the hows and whys of science, and dare to imagine "what happens next?". We will classify, measure and predict as we explore such concepts as physical space and structure, balance, and the fascinating flow of sand. Let science spark wonder and imagination in your tot as they explore the world around them.

**Site:** Brookview Community Center    **Fee:** \$47, Resident \$42

Day	Date	Time	Code
Tue-Thu	June 12-14	10:00-11:30 AM	11209

## Mixture Madness *Ages 4-6*

Pour, mix, measure and stir. In Mixture Madness you will be exploring the world of chemistry by mixing together safe ingredients. You will create slime while learning about polymers, have fun with magical crystals while learning about absorption, plus formulate your own mixtures through open exploration. Be sure to dress so you can get messy as we explore these and other fascinating mixtures.

**Site:** Brookview Community Center    **Fee:** \$61, Resident \$56

Day	Date	Time	Code
Tue-Thu	July 10-12	10:00 AM-12:00 PM	11210

## Camp KinderSprouts *Ages 4-6*

Exclusively for children entering kindergarten. Join Science Explorers as we discover the world around us while brushing up on the skills needed for kindergarten. Explore outer space, dinosaurs and the ocean while learning science, math, reading, writing and geography. Students will explore these topics through experiments, projects, songs and more in this fun, hands-on camp setting.

**Site:** Brookview Community Center    **Fee:** \$61, Resident \$56

Day	Date	Time	Code
Tue-Thu	August 7-9	10:00 AM-12:00 PM	11211



## Science in the Kitchen *Grades 1-5*

Throw open the kitchen cabinets, dive into ingredients and discover areas of science you never knew your kitchen had. Explore chemistry with acids/bases, molecule models and rates of reaction. Then investigate physics with super cheese ball structures and test your tower's mortar strength against a catapult. Dress so you can get messy in this hands-on class with these and other refreshing experiments. Note: Corn, wheat and dairy may be used in this class, but not consumed.

**Site:** Brookview Community Center    **Fee:** \$74, Resident \$69

Day	Date	Time	Code
Mon-Thu	August 6-9	1:00-3:00 PM	11212



## Happy Birthday Party *Ages 3+*

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer. She'll present a program filled with stories, games, music and magic. Parents provide food, favors, decorations and supervision. Fee of \$150 includes 2-hours at Brookview. Call 763-512-2345 for information.



## Kid's Korner Beginning Ball Skills *Ages 4-5*

A fun, low-key beginning ball skills program for boys and girls using nerf soccer balls, mini basketballs, and koosh T-ball equipment. Two weeks will be spent on each sport: soccer, basketball and koosh T-ball.

**Fee:** \$36, Resident \$31

Site	Day	Date	Time	Code
Medley	Mon	June 11-July 16	9:15-10:15 AM	11245
Scheid	Mon	June 11-July 16	9:15-10:15 AM	11246
Hampshire	Wed	June 13-July 25	9:15-10:15 AM	11247
<i>(No class July 4)</i>				
Lions	Wed	June 13-July 25	9:15-10:15 AM	11248
<i>(No class July 4)</i>				

# Music Programs

## Pre-School Mini Music Camp *Ages 4-6*

Explore a variety of creative expressions-with music, dance, art, and classical/contemporary recordings. Daily exposure to new instruments as well as music fundamentals. Fun songs with summertime themes. Fee of \$5 for art supplies paid at the first class session. The program will nurture a lasting appreciation of music that can lead to lifetime enjoyment. This class is part of the Music For Everyone program consortium. *\*Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope, and Plymouth residents.*

**Site:** Brookview Community Center **Fee:** \$55, \*Resident \$50

Day	Date	Time	Code
Mon-Thu	July 30-Aug 2	9:00-10:30 AM	11225

## Keyboard Camp for Little Mozarts

*Ages 4-6*

Young students get a jump start on piano skills with the popular "Music for Little Mozarts" series. Each lesson includes music facts, movements, singing, percussion instruments and time on the keyboard. Learn about classical music of Mozart, Beethoven, and other composers. The first piano book will be purchase for \$8 at the first class. Limit 4 students.

**Site:** Brookview Community Center **Fee:** \$80, Resident \$72

Day	Date	Time	Code
Mon-Thu	July 30-Aug 2	10:45-11:45 AM	11204



## Young Composers Camp *Ages 4-6*

Your child's creative expressions will be stimulated with a new musical concepts every day. Basic music skills are enhanced as imaginations and creative energy are put to work. Express ideas with rhythms, melodies, instruments and keyboard experiences. Finish the class with a folder of each child's original compositions! Limit 10 students.

**Site:** Brookview Community Center **Fee:** \$75, Resident \$65

Day	Date	Time	Code
Mon-Thu	July 30-Aug 2	12:00-1:00 PM	11258

## Private Piano Lessons *Ages 7+*

These lessons are offered through the Music For Everyone program, which offers music lessons and activities for all ages. Courses includes 30-minute lessons taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing. Fee includes participating in the recital.

**TO REGISTER** - Call 763-531-5198 to establish a lesson time. After you establish a lesson, call the Recreation office to register. *\*Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.*

**Site:** Brookview Comm Center **Time:** Between 5:30-9:00 PM

## Instructed By: Ella Gerbuz

Day	Date	Fee	Code
Tue	April 10-June 5 (9 classes)	\$190, *Res \$180	11227
Tue	June 12-July 21 (7 classes)	\$150, *Res \$140	11226
<i>(No class July 3)</i>			







# Hoopstars Basketball *Grades K-1*

Youth in kindergarten and first grade learn and develop new skills and advance their games in this FUNdamentals-based basketball camp. Limited class size will offer the best in personalized instruction to each player. This camp will be led by Ron Behl. *\*Resident fee applies to Golden Valley and Crystal.*

## SPRING SESSION

Site: Davis Community Center Fee: \$52, \*Resident \$45

Day	Date	Time	Register By	Code
Mon/Wed	March 26-April 11	6:00-7:30 PM	March 19	11200

## SUMMER SESSION

Site: Crystal Community Center Fee: \$52, \*Resident \$45

Day	Date	Time	Register By	Code
Tue/Thu	June 5-21	6:00-7:30 PM	May 29	11201

## Fall Flag Football

*Grades 1-2*

This program teaches kids football skills through various drills. They will also play very low-key games. This six week program is offered cooperatively by the New Hope, Crystal, Golden Valley, Robbinsdale, and St. Louis Park recreation departments. No special equipment needed. All participants will receive a t-shirt. *\*Resident fee applies to all participating cities.*

Site: Robbinsdale Middle School Turf

Fee: \$66, \*Resident \$60

Day	Date	Time	Code
Sun	Sept 9-Oct 14	4:00-5:15 PM	11242
Sun	Sept 9-Oct 14	5:30-6:45 PM	11243

*Rain make-up October 21 if needed.*

## Indoor Nerf Soccer

*Ages 5-7*

Open, indoor gym format with an emphasis on recreational experience, not skill development. Youth are placed on teams with coaches instructing and officiating. First night consists of rule review, practice, skills and a short game. Schedules and team information will be mailed one week prior to start. Times determined by number of teams formed. T-shirts provided.

Site: Davis Community Center

Fee: \$39, Resident \$34

Day	Date	Time	Code
Thu	April 12-May17	6:00 or 7:00 PM	11131

## T-Ball

*Ages 5-6*

Children will learn basic skills and rules of baseball/softball. Each participant will play the entire game fielding and batting. Practices are held at your registered park. Games are played at your registered park, as well as other Golden Valley parks. Final week of games will be played at the Honeywell ballfields. Teams are coached by summer athletic staff. Parents need to provide transportation to the parks for games. Parks may be combined if necessary. The Gearty Park team will include kids from Noble School's Adventure Club.

**NOTE:** *The Monday/Wednesday morning program will have one evening game, either Monday or Wednesday the week of July 16.*

Fee: \$40, Resident \$35

Site	Day	Date	Time	Code
Gearty	Mon/Wed	June 11-July 25	10:30-11:45 AM	11271
		(No class July 4)		
Hampshire	Mon/Wed	June 11-July 25	10:30-11:45 AM	11267
		(No class July 4)		
Hampshire	Tue/Thu	June 12-July 26	6:00-7:15 PM	11265
		(No class July 5)		
Lakeview	Tue/Thu	June 12-July 26	6:00-7:15 PM	11266
		(No class July 5)		
Lions	Mon/Wed	June 11-July 25	10:30-11:45 AM	11268
		(No class July 4)		
Scheid	Mon/Wed	June 11-July 25	10:30-11:45 AM	11269
		(No class July 4)		
Scheid	Tue/Thu	June 12-July 26	6:00-7:15 PM	11264
		(No class July 5)		
Wesley	Mon/Wed	June 11-July 25	10:30-11:45 AM	11270
		(No class July 4)		



# ART EXPO CLASSES

Ages 6-12

## The Art of Drawing

Activities explore materials and methods to draw in free form, realist, and abstract style. Learn to apply perspective to create 3-D drawings of objects and architecture. Use graphite and colored pencil to blend line, shapes and color on toned paper. Draw nature, characters, and landscapes. We'll look at works from Caldecott & other major artists for inspiration.

Site: Brookview Community Center Fee: \$42

Day	Date	Time	Code
Tue/Wed	June 25-26	1:30-3:00 PM	11195

## Art & Science Journal

Learn contour, gestural, sketching, and other drawing methods. Use pencil/bamboo/pen/ink & a variety of art material to draw nature subjects. Paint a botanical floral or mushroom watercolor, and make a leaf or sun print. We will use field guides to draw and sculpt clay animals, mammals, and habitats. Explore nature and take a brief walk to sketch "what you see".

Site: Brookview Community Center Fee: \$42

Day	Date	Time	Code
Tue/Wed	July 17-18	1:30-3:00 PM	11194

## Landscape & Portrait Portfolio

Learn to create depth in space, apply perspective & blend color to paint realist or imaginary landscapes. Paperfold and decorate a 3-D face mask. Explore a variety of tools and styles to create fun faces and cartoons of people and animals. Learn about composition & select objects to create Still Life drawings/paintings. View examples from Cezanne, Picasso, and Morandi for inspiration.

Site: Brookview Community Center Fee: \$42

Day	Date	Time	Code
Tue/Wed	August 21-22	1:30-3:00 PM	11196



## Jump Rope

Ages 6-10

One rope or two, we'll teach you what to do! Join us for six weeks of jump roping fun. Ropes will be provided.

Site: Hampshire Park

Fee: \$23, Resident \$18



Day	Date	Time	Code
Mon	June 11-July 16	10:30-11:30 AM	11272
Wed	June 13-July 25	10:30-11:30 PM	11273
(No class July 4)			

## Drama Skills & Techniques

Ages 6-17

This program will focus on building the techniques and skills for young actors for theatre and film. Class will focus on vocality, characterization, scene development, staging, blocking, costumes and make-up. Instructors have extensive training in theatre, film and advertising.

Site: Brookview Community Center

Fee: \$50, Resident \$45

Ages	Day	Date	Time	Code
6-12	Mon	April 9-May 21	5:30-6:45 PM	11528
13-17	Mon	April 9-May 21	7:00-8:15 PM	11529

## Drama Club

Ages 6-17

Our Drama Club will continue its long history of exciting productions! We'll develop performance sketches, and work on acting techniques and music. We'll produce a show to be performed on the last day of class at 7:00 PM. All participants must be able to participate in the final performance. Summer session (June 12-July 26) will include a trip to the Old Log Theater to see a performance.

### SPRING SESSION

Site: Noble School Fee: \$67, Resident \$62

Ages	Day	Date	Time	Code
6-12	T/Th	April 10-May 24	6:00-7:15 PM	11289
(No class April 17 & May 15)				
13-17	T/Th	April 10-May 24	7:15-8:30 PM	11290
(No class April 17 & May 15)				

### SUMMER SESSION

Site: Noble School Fee: \$65, Resident \$60

Ages	Day	Date	Time	Code
6-17	T/Th	June 12-July 26	9:00-10:15 AM	11293
(No class July 5)				
6-17	T/Th	June 12-July 26	10:30-11:45 AM	11292
(No class July 5)				



## Chess Club

Ages 6-14

This is a great way to learn the game of Chess, engage in match play and share your knowledge about the game. Bring your own Chess set or use ours.

Site: Scheid Park Fee: \$33, Resident \$28

Day	Date	Time	Code
Mon/Wed	June 11-July 18	3:15-4:25 PM	11276
(No class July 4)			

## Summer Survivor

Ages 6-14

A fun, kid-friendly version of the popular television show. Kids will participate in various challenges that will test their mind and body. At the end of the summer, participants will come together at tribal council and vote for the 2012 Summer Survivor.

Site: Lions Park Fee: \$36, Resident \$31

Day	Date	Time	Code
Mon/Wed	June 11-July 18	3:15-4:25 PM	11275
(No class July 4)			

## Pitch By Coach

Ages 7-9

Instructional practice/game format where the coach pitches underhand to the batters.

Participants will play various defensive positions and learn sportsmanship, correct mechanics and rules. Practices are held at the location you registered. Games will be played at your registered park and at other locations in Golden Valley. Final week of games will be played at Honeywell ballfield, with various game times. Parents need to provide transportation to the parks for games.

**NOTE: Gearty Park team will include kids from Noble School's Adventure Club.**

Fee: \$40, Resident \$35

Fee (Wed\* only): \$30, Resident \$25

Site	Day	Date	Time	Code
Gearty	T/Th	June 12-July 26	10:30-11:50 AM	11287
(No class July 5)				
Hampshire	T/Th	June 12-July 26	10:30-11:50 AM	11283
(No class July 5)				
Hampshire	Wed*	June 13-July 25	6:00-7:15 PM	11282
(No class July 4)				
Lions	T/Th	June 12-July 26	10:30-11:50 AM	11284
(No class July 5)				
Scheid	T/Th	June 12-July 26	10:30-11:50 AM	11285
(No class July 5)				
Wesley	T/Th	June 12-July 26	10:30-11:50 AM	11286
(No class July 5)				



# PLAYGROUND PROGRAMS

Ages 6-12



## Morning Playgrounds

Monday-Thursday, June 11-July 26 (No July 4-5)

9:30-11:30 AM

Offered at: South Tyrol Park

Youth can participate in this drop-in program where park staff coordinate activities that will include games, crafts, athletics, story time, puppet shows and more. Pick-up a weekly schedule on opening day. Program is cancelled during inclement weather.

## Afternoon Playgrounds



Monday-Thursday, June 11-July 26 (No July 4-5)

1:00-4:30 PM

Offered at: Gearty, Hampshire, Lakeview, Lions, Medley, Scheid & Wesley

Each supervised playground will offer games, crafts, special events, walking field trips and more. This drop-in program is offered at the seven community parks. Shelter buildings will be closed on Fridays due to scheduled events & field trips.

## Playground Arts & Crafts

Wednesday, June 13-July 25 (Will not meet on July 4)

2:00 PM

Offered at: Gearty, Hampshire, Lakeview, Lions, Medley, Scheid & Wesley

\$2/craft or \$10 for 7 craft punch card

A different craft project will be offered weekly at the seven community parks. Pick-up a flyer at the park shelter buildings which lists all the projects. Also, you can purchase a craft punch card and save \$4! Craft cards can be purchased at Brookview Community Center and are good for 7 crafts.



# Summer Field Trips Ages 7+

Our summer staff supervises the children on these trips. Advances registration with payment is required. Bus transportation is provided from the parks listed below.

**NOTE:** Bus pick-ups will begin at Wesley Park and proceed in the order listed below. When the bus returns, drop-offs begin at Lions Park and proceed in reverse order, ending at Wesley.

## Pick-up Locations:

WESLEY • HAMPSHIRE • SCHEID • LIONS



## Brunswick Bowl *Friday, June 15*

Join us for an afternoon of bowling, arcade games and pizza. Trip includes one hour of bowling, \$3 game card for the arcade, and pizza and soda for lunch. Please bring extra money for additional games and food.

Fee: \$27, Resident \$22

Day	Date	Approx. Pick-up	Approx. Return	Code
Friday	June 15	10:15 AM	2:30 PM	11279

## Cascade Bay Water Park *Friday, June 29*

Shoot down Twin Falls or brave the Typhoon and Hurricane Slides. Float down the Lazy River, take a dip through Rocky Rapids or enjoy sunning at Lookout Point. One round of mini golf is included. Bring a bag lunch or money for concessions.

Fee: \$28, Resident \$23

Day	Date	Approx. Pick-up	Approx. Return	Code
Friday	June 29	10:00 AM	4:00 PM	11280

## Bunker Beach Water Park *Friday, July 20*

Bunker Beach has a 25,000 square foot wave pool, water slides and a zero depth pool with interactive play area. Tubes can be rented for \$3. Guests must be 48" tall to ride the waterslides. Bring a bag lunch or money for concessions.

Fee: \$28, Resident \$23

Day	Date	Approx. Pick-up	Approx. Return	Code
Friday	July 20	10:00 AM	4:00 PM	11281

## Kick Ball *Ages 7-10*

Kick ball is back! Come play with us and kick off some hot summer steam. Participants must wear tennis shoes. T-shirts will be provided.

Site: Lions Park Fee: \$34, Resident \$29

Day	Date	Time	Code
Tue/Thu	June 12-July 19	9:10-10:10 AM	11277
(No class July 5)			

## Soccer Skills Camp *Ages 7-12*

This soccer camp is for boys and girls and will concentrate on skills, positioning, ball control, sportsmanship and rules. Instructional scrimmage games will be held each day. T-shirt will be provided.

Site: Minnesota Arts School Fee: \$36, Resident \$31

Day	Date	Time	Code
Mon	June 11-July 16	9:00-10:00 AM	11288

## Flag Football *Ages 7-14*

This program is for boys and girls and is an all-game format. Athletic staff will form teams and officiate games. T-shirts and all equipment provided.

Site: Hampshire Park Fee: \$36, Resident \$31

Ages	Day	Date	Time	Code
7-10	Tue/Thu	June 12-July 19	9:15-10:15 AM	11294
(No class July 5)				
11-14	Mon/Wed	June 11-July 18	9:15-10:15 AM	11295
(No class July 4)				





## Jewelry Making *Ages 7-12*

Hey boys and girls... have you seen some of the cool jewelry that can be made from different materials? Well, now you can learn to make them yourself! You will work with various items to create cool necklaces, bracelets and rings. All materials will be provided.

**Site:** Hampshire Park **Fee:** \$36, Resident \$32

Day	Date	Time	Code
Mon/Wed	June 11-July 18	9:00-10:15 AM	11278
(No class July 4)			



## Ultimate Frisbee Camp *Ages 7-16*

Learn and play this exciting game with participants from a nationally ranked team. Participants will learn how to play the game, rules and skills and play a few games. Participants should bring a bag lunch, bottle for water and snack.

**Site:** Lions Park **Fee:** \$72, Resident \$67

Ages	Day	Date	Time	Code
7-13	Mon-Fri	July 30-Aug 3	9:00 AM-3:00 PM	11296
10-16	Mon-Fri	August 6-10	9:00 AM-3:00 PM	11297

## Magic & More *Ages 8+*

Along with the basic principles of magic, the secrets of illusion and misdirection will be taught. It's all easy and fun! Fee includes materials which are provided by the instructor, Annette Fragale.

**Site:** Brookview Community Center **Fee:** \$29, Resident \$24

Day	Date	Time	Code
Mon-Tue	August 6-7	1:00-3:00 PM	11199

## Balloon Workshop *Ages 8+*

Even if you are all thumbs, you can transform ordinary balloons into animals, hats, flowers and more! It's all easy and fun! Fee includes materials which are provided by the instructor, Annette Fragale.

**Site:** Brookview Community Center **Fee:** \$20, Resident \$15

Day	Date	Time	Code
Wed	August 8	1:00-3:00 PM	11198

## Fishing Club

*Ages 8-14*

Come join us as we check out some fishing hot spots in and near Golden Valley. We'll provide the bait and take your pole/tackle to the fishing location for you. All trips will begin and end at Lions Park. Participants will bike to and from fishing locations. Lakes will include Wirth, Medicine and Cedar Lakes. Fishing is catch and release. **NOTE: First class will meet at Wirth Lake Fishing Pier for clinic.**



**Participants must provide:** Fishing pole and tackle, bike and helmet.

**Site:** Begins & ends at Lions Park **Fee:** \$33, Resident \$28

Day	Date	Time	Code
Tue	June 12-July 17	9:00 AM-12:00 PM	11299

## Sand Volleyball *Ages 9-12*

Youth volleyball is one of the fastest growing youth sports in the U.S. We have two great sand volleyball courts at Brookview and we're forming a league. Participants develop skills and play games. Format will depend on number of registrants.

**Site:** Brookview Park **Fee:** \$35, Resident \$30

Day	Date	Time	Code
Tue/Thu	June 12-July 19	9:10-10:15 AM	11307
(No class July 5)			

## 2012 Golden Valley Library Summer Reading Events

*Brodini Comedy Magic Show* ..... June 14, 1:30 PM  
*Family Storytime* ..... June 6-20, 10:30 AM  
*Puppet Wagon* ..... June 19, 10:30 AM  
*Story Theater* ..... June 27, 10:30 AM  
*Wheels That Work* ..... July 11-25, 10:30 AM  
*Puppet Wagon* ..... July 17, 10:30 AM  
*Beading with Dulcey* ..... July 24, 1:30 PM  
*Yoga for Kids* ..... August 2, 1:30 PM

*Plus, Lego® Mania, Paws to Read, Girls, Guys & Teen Book Clubs, Art, Music and more!*

Call 612-543-6375 or go to  
[www.hclib.org](http://www.hclib.org) for more information.

## PARK BASEBALL

Ages 9-12

This program, for boys and girls, will work on correct mechanics, sportsmanship, skill development and rule interpretation through games and practices. Each team will have one or two coaches to instruct, pitch, officiate and insure that participants have equal playing time. A pitching machine will be used for games at sites where available. The final week will be held at the Honeywell ballfields with morning and/or afternoon game times. Games will also be played at various parks in Golden Valley and Plymouth. Parks may be

combined if registration warrants. Parents must provide transportation. Teams are formed at the parks listed below. The Gearty Park team will include kids from Noble School's Adventure club. At parks with multiple teams, those teams will be formed randomly. Two players may request to be together.

**Time:** 1:15-2:45 PM **Fee:** \$40, Resident \$35

Site	Day	Date	Code
Gearty	Mon/Wed	June 11-July 25 (No class July 4)	11306
Hampshire	Mon/Wed	June 11-July 25 (No class July 4)	11304
Lions	Mon/Wed	June 11-July 25 (No class July 4)	11305
Medley	Mon/Wed	June 11-July 25 (No class July 4)	11303
Scheid	Mon/Wed	June 11-July 25 (No class July 4)	11302

## Explorers Hiking & Biking

Ages 8-12

Join the park staff at Lions Park for hiking and biking trips to the Golden Valley Public Safety Building, Westwood Hills Nature Center, Animal Humane Society, and other fun sites. Explorers will hike on the first outing and receive a schedule for the remaining weeks.

**Participants must provide:** Dress for the weather and a snack and/or beverage to enjoy.

**Site:** Begins & ends at Lions Park **Fee:** \$39, Resident \$33

Day	Date	Time	Code
Wed	June 13-July 25 (No class July 4)	9:30-11:30 AM	11298

## Bike Rangers

Ages 10-14

We are looking for boys and girls ages 10-14 who are well experienced bikers to join us for 11 summer afternoons of fun and adventure! Most rides are approximately 20-25 miles round trip to different West Metro locations. All treks begin and end at Lions Park. Participants MUST ALWAYS ride with their group leaders.

**Participants must provide:** Properly working bike, helmet, lock, water, sunscreen, appropriate clothing and shoes.

**Site:** Begins & ends at Lions Park **Fee:** \$39, Resident \$34

Day	Date	Time	Code
Tue/Thu	June 12-July 19 (No class July 5)	1:00-4:15 PM	11300

## American Red Cross Babysitting Training Class

Ages 11-15

This course will include fun activities, exciting videos, lively discussions and real-life problem solving situations. Participants must be 11 years old by the day of the class. Participants will learn: Safety and Safe Play; Basic Care: Feeding and diaper changing; First Aid: Every babysitter needs to know what to do if an accident happens; Leadership: How do you have fun with the kids, but stay in control; Professionalism: What should you ask during a babysitting interview?

**Participants must provide:** Lunch and snack.

**Site:** Brookview Community Center **Fee:** \$82, Resident \$77

Day	Date	Time	Code
Sat	May 12	8:00 AM-4:30 PM	11191
Sat	June 2	8:00 AM-4:30 PM	11197







Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Please visit our website at [www.skyhawks.com](http://www.skyhawks.com) for further details. All participants receive a t-shirt and merit award!

*Participants must bring: two snacks, appropriate clothing and water bottle.*

## Mini Hawk Camp *Ages 4-7*

This multi-sport program was developed to give children ages 4-7 a positive first step into athletics. The essentials of t-ball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

Site: Lions Park Fee: \$105

Day	Date	Time	Code
Mon-Fri	July 23-27	9:00 AM-12:00 PM	11311

## Beginning Golf Camp *Ages 5-8*

Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

Site: Lions Park Fee: \$105

Day	Date	Time	Code
Mon-Fri	July 30-Aug 3	9:00 AM-12:00 PM	11309

## Multi-Sport Camp *Ages 6-12*

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine baseball, basketball and soccer into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of 3 new sports along with vital life lessons such as respect, teamwork, and self-discipline. Please bring a baseball glove in addition to the items listed above.

Site: Minnesota Arts School Fee: \$105

Day	Date	Time	Code
Mon-Fri	June 25-29	9:00 AM-12:00 PM	11308

## Basketball Camp *Ages 6-12*

This fun, skill-intensive program is designed with the beginning to intermediate player in mind. Using our progression curriculum, our basketball staff focus on the whole player, teaching your child the skills needed both on and off the court to be a better athlete. Each day will start with a "skill of the day" and progress into drills and games. After a week of passing, shooting, dribbling, and rebounding, your child will show you why this is one of our most popular programs.

Site: Davis Community Center Fee: \$105

Day	Date	Time	Code
Mon-Fri	July 16-20	1:00-4:00 PM	11313

## Flag Football Camp *Ages 7-12*

Skyhawks Flag Football is the perfect introduction to "America's Game" or a great refresher those who want to brush up on their skills preparing for league play. Through our "skill of the day" exercises, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun and positive environment. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron!

Site: Lions Park Fee: \$105

Day	Date	Time	Code
Mon-Fri	August 13-17	9:00 AM-12:00 PM	11314

## Aquatics in Neighboring Communities

Residents of Golden Valley may purchase a season pass to the outdoor family aquatic center in St. Louis Park at the St. Louis Park resident rate. The aquatic center is located at 5005 W. 36th Street. Call St. Louis Park at 952-924-2540 for more information.

Learn To Swim Programs are available through:

City of Crystal.....	763-531-0052	Hopkins Comm Ed .....	952-988-4066
City of New Hope .....	763-531-5100	Robbinsdale Comm Ed .....	763-504-4910
City of St. Louis Park .....	952-924-2540		



## Junior Fall Soccer

Boys & Girls in Grades K-1

Participants are organized on randomly selected teams of 12. Program is played on soccer fields at Hampshire Park, which are 20' x 40' with very small goals. Each meeting is one hour with 15 minutes of skills and drills and 45 minutes of game play. Volunteer coaches organize the skills and drills and officiate the games. All participants play equal amounts of time and standings are not kept. Game and practice schedules will be distributed at the first practice. Each team requires two volunteer coaches. Games and practices cancelled due to inclement weather will not be rescheduled.

**Participants must provide the required equipment:**

Shin guards and the reversible Golden Valley soccer jersey (available for purchase at the Recreation office).

**Site:** Hampshire Park

**Fees:** \$39, Resident \$34 \$14/shirt (if needed)

Day	Date	Time	Code
Sat	Sept 8-Oct 27	12:00 or 1:00 PM	11259
<i>(times vary each Saturday depending on game schedule)</i>			

### Volunteer Coaches are needed for the success of the Youth Soccer Program.

If a coach is not found for a team, the program will be cancelled and refunds will be issued. Please call the Recreation office today to be a volunteer coach.

**Youth Soccer Referees are also needed!**

Must be 15 years old. Please call the Recreation office for more information.

**Park & Recreation - 763-512-2345**

## Northwest Suburban Fall Soccer

Boys & Girls in Grades 6-8

This fall league is sponsored by the cities of Golden Valley, Crystal, New Hope, Robbinsdale and Maple Grove. Practices are held in the home community. **NOTE:** If either division doesn't have at least 60 participants, the format will change from a full size field program to a 6 vs. 6 junior field program with 7 to 10 participants per team.

**PRACTICES:** Begin the week of August 27 and are held in the home community. Location, day and time determined by the volunteer coach.

**GAMES:** Saturdays, beginning September 8 with a possible weeknight game later in the season. Games will be held in all participating communities.

**Sites:** Golden Valley, Crystal, New Hope, Robbinsdale & Maple Grove

**Fee:** \$39, Resident \$34

Day	Game Dates	Game Times	Boys Code	Girls Code
Sat	Sept 8-Mid Oct	Late morning and/or early afternoon	11260	11261



# YOUTH FALL SOCCER

## Co-Rec Youth Fall Soccer

Boys & Girls in Grades 2-5

Fall soccer is designed to promote basic soccer skills, player positioning and rule interpretation. For 2nd grade teams, games and practices are played on soccer fields in Golden Valley. For 3rd-5th grade teams, games will be played in Golden Valley, Robbinsdale and Crystal with practices held in Golden Valley. Players must sign up for the grade they will be in beginning Fall 2012. Participants may play up one level if their ability merits this move. Teams are formed randomly. Requests for friends or coaches are not accepted. Coaches will be assigned with his/her child(ren). Each team requires two volunteer coaches.

**Participants must provide the required equipment:** Shin guards and the reversible Golden Valley soccer jersey (available for purchase at the Recreation office).

**PRACTICES:** Begin the week of August 27. Day/time determined by the volunteer coach, whom will contact the participants with the information after August 23.

**GAMES:** Saturdays, September 8-October 27, with possible weeknight games. Schedules will be distributed at the first practice.

**Sites:** Grade 2 - Golden Valley

Grade 3-5 - Golden Valley, Robbinsdale & Crystal

**Fee:** \$39, Resident \$34 \$14/shirt (if needed)

Day	Game Dates	Game Times	Gr 2 Code	Gr 3-5 Code
Sat	Sept 8-Oct 27	Late morning and/or early afternoon	11262	11263







## Adaptive Recreation Programs

REACH is an agency which serves individuals with developmental disabilities and their families in the West and Northwest metro area. Resident fee applies to the communities listed above. For information and registration procedures, call Becca at 952-988-4177.



[www.reachforresources.org](http://www.reachforresources.org)

### YOUTH PROGRAMS AGES 5-12

**AUGUST ACTION** Join us for a week of fun filled afternoons! Each afternoon we will meet at a different location to explore our communities and enjoy summer! Aug 13-17 from approx. 1:00-3:00 PM. \$75/Res, \$83/Non-Res, plus activity fees.

**SPORTS SAMPLER** Try out a variety of sports in this fun summer sampler! Each week we will learn the basics of a different sport. A fun, non-competitive way to see what sports you may like. Wed, June 20-July 25 from 6:30-7:30 PM at Chanhassen Recreation Center. \$35/Res, \$43/Non-Res.

**FAMILY YOGA** Increase attention span, focus, muscle tone, and flexibility. This class is designed for children with disabilities and their parents to learn yoga together. Siblings are welcome too! All children must be accompanied by at least one adult. Held at St. Louis Park Recreation Center on Tue, April 3-May 8 from 5:45-6:45 PM. \$50 per parent/child, \$20/add'l family member.

**COMMUNITY CONNECTIONS** This group will provide an opportunity for kids with disabilities to have fun, make new friends, and try new activities. Parents attend the program with their kids, providing an opportunity to network with other families. Each week will have a different activity. Saturday afternoons beginning in April. Call Danielle at 952-988-4176 for more information.

### TEEN PROGRAMS AGES 13-21

**TEEN SOFTBALL** A fun competitive softball league for teens! Improve your skills, make new friends, and HAVE FUN!! For more information, call Stephen at 952-988-5321. Fri, June 8-Aug 17 from 6:30-8:00 PM at Burnes Park. \$30/Res, \$38/Non-Res.

**GIRLS CLUB** Designed for girls with Asperger's Syndrome or High Functioning Autism who want to have fun with other girls!! We meet one Saturday each month for a variety of activities! Locations vary. \$30/Res, \$38/Non-Res.

### SPECIAL EVENTS

#### 20th ANNUAL BOWL-A-THON

Join us for our annual FUNdraiser!! Collect pledges and then join us for two games of bowling, pizza, and prizes! Don't miss this great opportunity to help support Reach for Resources! Saturday, March 24 from 9:30 AM-1:00 PM at Park Tavern Lanes, St. Louis Park. \$40/min in pledges to bowl, \$15 donation for spectators (includes lunch).

## Youth Athletic Associations

### *Golden Valley Little League Baseball*

BOYS AND GIRLS AGE 7-12

Contact: Peter Birkeland, 763-591-7795  
[pbirkeland@comcast.net](mailto:pbirkeland@comcast.net)  
[www.goldenvalleylittleleague.org](http://www.goldenvalleylittleleague.org)

### *Golden Valley Phoenix Soccer Club*

BOYS AND GIRLS AGE 9-18

763-544-9829  
[www.gvphoenixsoccer.org](http://www.gvphoenixsoccer.org)

### *Girls Slowpitch Softball*

GIRLS IN GRADES 3-12

Contact: Tommy Thompson, 763-544-9829  
[tthompson@premiersalons.com](mailto:tthompson@premiersalons.com)  
[www.gvgs.org](http://www.gvgs.org)

### *Armstrong-Cooper Youth Baseball*

BOYS AGES 12-19

Contact: Pat Backen, 763-439-6454  
[pat.backen@gmail.com](mailto:pat.backen@gmail.com)  
[www.raybaseball.com](http://www.raybaseball.com)

### *Cooper/Armstrong Girls Fastpitch Softball*

GIRLS AGES 9-12

[cooperarmstrongfastpitch@gmail.com](mailto:cooperarmstrongfastpitch@gmail.com)  
[www.cooperarmstrongfastpitch.org](http://www.cooperarmstrongfastpitch.org)



**Moving Tennis  
From a Game of  
Skill to a Game  
for Life**

Twin City Tennis Camps has the experience skill and a family oriented foundation. Our partnership with the United States Tennis Association means we have all the necessary resources. Most importantly we are dedicated to moving tennis beyond a game a skill into a game for life. We believe our tennis programs will provide the atmosphere and ingredients for a healthy and enjoyable experience while making lifelong friendships. Our 2012 staff includes- Director of Tennis Daniel Nabadrick, Assistant Director Bryan Hoff, Junior Camp Director Kristine Ellis, Junior Development Head Coach Rod Virnig, and Adult Head Coach David Crevier. We are looking forward to a great summer, and we'll see you on the courts very soon.

## After School Junior Tennis Camps

**Introductory thru Advanced Skill Levels  
Ages 5-16**

Beginning level players will enjoy our quick start tennis programs building stroke development and proper techniques. Intermediate and advanced level players will focus on scoring, serving and team matches. Campers will be divided by skill level and age at the courts. There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley. Player/coach ratio 6:1.

**NEW**

**Site:** Wesley Park - South

### Spring Session (6 Weeks)

Code: 11378

Day	Time	Date
Mon-Fri	3:30-6:00 PM	April 30-June 8

6 Week Session	Fee	Location
1 Day Per Week	\$155	Wesley Park South
2 Days Per Week	\$225	Wesley Park South
3 Days Per Week	\$315	Wesley Park South
4 Days Per Week	\$405	Wesley Park South

## Quick Start USTA Tennis Camps

**Introductory and Beginner Skill Levels Ages 4-12**

Quick Start USTA Tennis Camps are an introduction to the tennis program. All campers will enjoy their first taste of tennis with a lot of athletic games and exercise movement focusing on the fun of rally tennis. Campers will be divided by skill level and age at the courts. Inclement weather days will be re-scheduled. There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley.

Sessions	Fee	Location
12 Weeks	\$699	Brookview Park
4 Weeks	\$299	Brookview Park
Weekly	\$99	Brookview Park

**Weekday Camps (Monday-Friday) - 9:00-11:00 AM**  
**No Class July 4**

Session	Date	Code
Full Summer (12 weeks)	June 11-Aug 31	11358
Session 1 (4 weeks)	June 11-July 6	11359
Week 1	June 11-June 15	11360
Week 2	June 18-June 22	11361
Week 3	June 25-June 29	11362
Week 4	July 2-July 6	11363
Session 2 (4 weeks)	July 9-Aug 3	11364
Week 5	July 9-July 13	11365
Week 6	July 16-July 20	11366
Week 7	July 23-July 27	11367
Week 8	July 30-Aug 3	11368
Session 3 (4 weeks)	Aug 6-Aug 31	11369
Week 9	Aug 6-Aug 10	11370
Week 10	Aug 13-Aug 17	11371
Week 11	Aug 20-Aug 24	11372
Week 12	Aug 27-Aug 31	11373

**Saturday Camps - 9:30-11:30 AM**  
**No Class May 28**

Sessions	Fee	Location
Per Session-6 Weeks	\$119	Brookview Park
Entire Summer (12 weeks)	\$199	Brookview Park

Session	Date	Code
Spring Session (6 Weeks)	April 28-June 2	11374
Summer Session 1 (6 weeks)	June 9-July 14	11375
Summer Session 2 (6 weeks)	July 21-Aug 25	11376



## Junior USTA Development Tennis Camps

### Introductory thru Advanced Skill Levels Ages 5-16

Beginning level players will enjoy our quick start tennis programs building stroke development and proper techniques. Intermediate and advanced level players will focus on scoring, serving and team matches. Campers will be divided by skill level and age at the courts. We'll take an occasional break from the tennis activities to play sprinkler kickball, sand volleyball and other activities. Player/coach ratio 6:1.

\*All Campers should bring lunch, swimsuit, sunscreen, hat and snacks for break time.

**There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley.**



### Weekday Camps (Monday-Friday)

No Class July 4

Session	Date	Full Day 9:00 AM-4:00 PM		Half Day 11:00 AM-4:00 PM		Morning 9:00 AM-12:00 PM		Afternoon 1:00 PM-4:00 PM	
		Fee	Code	Fee	Code	Fee	Code	Fee	Code
Full Summer (12 weeks)	June 11-Aug 31	\$1495	11379	\$1295	11395	\$875	11411	\$875	11427
Session 1 (4 weeks)	June 11-July 6	\$660	11380	\$555	11396	\$375	11412	\$375	11428
Week 1	June 11-June 15	\$215	11381	\$185	11397	\$125	11413	\$125	11429
Week 2	June 18-June 22	\$215	11382	\$185	11398	\$125	11414	\$125	11430
Week 3	June 25-June 29	\$215	11383	\$185	11399	\$125	11415	\$125	11431
Week 4	July 2-July 6	\$215	11384	\$185	11400	\$125	11416	\$125	11432
Session 2 (4 weeks)	July 9-Aug 3	\$660	11385	\$555	11401	\$375	11417	\$375	11433
Week 5	July 9-July 13	\$215	11386	\$185	11402	\$125	11418	\$125	11434
Week 6	July 16-July 20	\$215	11387	\$185	11403	\$125	11419	\$125	11435
Week 7	July 23-July 27	\$215	11388	\$185	11404	\$125	11420	\$125	11436
Week 8	July 30-Aug 3	\$215	11389	\$185	11405	\$125	11421	\$125	11437
Session 3 (4 weeks)	Aug 6-Aug 31	\$660	11390	\$555	11406	\$375	11422	\$375	11438
Week 9	Aug 6-Aug 10	\$215	11391	\$185	11407	\$125	11423	\$125	11439
Week 10	Aug 13-Aug 17	\$215	11392	\$185	11408	\$125	11424	\$125	11440
Week 11	Aug 20-Aug 24	\$215	11393	\$185	11409	\$125	11425	\$125	11441
Week 12	Aug 27-Aug 31	\$215	11394	\$185	11410	\$125	11426	\$125	11442

## Tennis Registration and Information Night

Thursday, April 26

Parents and children remember to come visit us and sign up for Adult and Junior Tennis Registration Information Night on Thursday, April 26th at Brookview Recreation Building. All Junior Campers will receive a camp t-shirt and are invited to our end of the season tennis farewell party Thursday evening, August 23. There will be 6:1 player / coach ratio for all juniors camps.



## High Performance Tennis Training Camps

*Intermediate thru Advanced Skill Levels Ages 12-18*

This camp is for aspiring competitive tennis players. Practices will be intense, competitive and demanding with an emphasis on match play and tournament performance. There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley. Player/coach ratio 6:1.



### Summer Session - No Class July 4

Day	Time	Location
Mon-Fri	8:00 AM-6:00 PM	Brookview Park
Mon-Fri	8:00 AM-12:00 PM	Brookview Park
Mon-Fri	3:00 PM-6:00 PM	Brookview Park

Session	Date	8:00 AM-6:00 PM		8:00 AM-12:00 PM		3:00 PM-6:00 PM	
		Fee	Code	Fee	Code	Fee	Code
Full Summer (12 weeks)	June 11-Aug 31	\$1575	11443	\$1045	11459	\$875	11475
Session 1 (4 weeks)	June 11-July 6	\$675	11444	\$475	11460	\$375	11476
Week 1	June 11-June 15	\$225	11445	\$160	11461	\$125	11477
Week 2	June 18-June 22	\$225	11446	\$160	11462	\$125	11478
Week 3	June 25-June 29	\$225	11447	\$160	11463	\$125	11479
Week 4	July 2-July 6	\$225	11448	\$160	11464	\$125	11480
Session 2 (4 weeks)	July 9-Aug 3	\$675	11449	\$475	11465	\$375	11481
Week 5	July 9-July 13	\$225	11450	\$160	11466	\$125	11482
Week 6	July 16-July 20	\$225	11451	\$160	11467	\$125	11483
Week 7	July 23-July 27	\$225	11452	\$160	11468	\$125	11484
Week 8	July 30-Aug 3	\$225	11453	\$160	11469	\$125	11485
Session 3 (4 weeks)	Aug 6-Aug 31	\$675	11454	\$475	11470	\$375	11486
Week 9	Aug 6-Aug 10	\$225	11455	\$160	11471	\$125	11487
Week 10	Aug 13-Aug 17	\$225	11456	\$160	11472	\$125	11488
Week 11	Aug 20-Aug 24	\$225	11457	\$160	11473	\$125	11489
Week 12	Aug 27-Aug 31	\$225	11458	\$160	11474	\$125	11490

### Spring Session (6 Weeks) - No Class May 28

Code: 11491

Day	Time	Date
Mon-Fri	3:30-6:00 PM	April 30-June 8

6 Week Session	Fee	Location
1 Day Per Week	\$155	Wesley Park South
2 Days Per Week	\$225	Wesley Park South
3 Days Per Week	\$315	Wesley Park South
4 Days Per Week	\$405	Wesley Park South



## Junior Team Tennis League - Recreational

### Advanced Beginner & Intermediate Skill Levels - Ages 12-18

This 12-week league will emphasize teamwork and fun through skilled development, match play and a year-end Golden Valley City Tournament. Match play will be with teams from surrounding communities during the months of June and July. Matches will be held on Monday and Wednesday with Friday designated for practice. Participants need to provide their own transportation. Home matches will be at Wesley Park and Medley Park. Player/coach ratio 12:1.

Fee: \$195/Res, \$200/Non-Res

#### Medley Park

Day	Date	Time	Code
Mon/Wed/Fri	June 11-Aug 31	1:00 PM-3:00 PM	11493
No Class July 4			

#### Wesley Park

Day	Date	Time	Code
Mon/Wed/Fri	June 11-Aug 31	1:00 PM-3:00 PM	11492
No Class July 4			

## Private & Semi-Private Tennis Lessons

All private and semi-private lessons are with a U.S.P.T.A. Certified Tennis Professional Instructor. Lessons will be need to be arranged in advance. Please call Twin City Tennis Camps at 612-600-2460 or contact Director of Tennis Daniel Nabadrick directly at 612-730-8280 to make a lesson appointment. There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley.

### Private Lessons

One-on-one instruction

Code: 11494

Code: 11495

#### 1 Hour Private Lessons

One Lesson	\$70
Five Lesson	\$325
Ten Lessons	\$600

#### 1.5 Hour Private Lessons

One Lesson	\$100
Five Lesson	\$475
Ten Lessons	\$900

### Semi-Private Lessons

Up to a 4:1 ratio with a private instructor

Code: 11496 Code: 11497

#### 1 Hr Semi-Private Lessons

One Lesson	\$85
Five Lesson	\$400
Ten Lessons	\$750

#### 1.5 Hr Semi-Private Lessons

One Lesson	\$120
Five Lesson	\$575
Ten Lessons	\$1100

## Public Tennis Courts

Locations	Courts	Lighted Courts
<b>Brookview</b> Hwy 55 & Winnetka	6	4
<b>Gearty</b> Regent & Triton	1	1
<b>Glenview Park</b> Zenith & Major	2	2
<b>Lions Park</b> Harold & Louisiana	2	-
<b>Medley Park</b> Ensign & 23rd	3	3
<b>Scheid Park</b> Duluth & Toledo	2	2
<b>Seeman Park</b> Hampshire & Phoenix	2	-
<b>Wesley Park</b> Wesley Dr. & Orkla	3	3
<b>Wildwood Park</b> Duluth & Louisiana	2	-

## Adult Tennis Leagues

The communities of Golden Valley, Crystal, Brooklyn Center, New Hope, and Robbinsdale are offering adult tennis leagues for intermediate and advanced levels. Court sites will be assigned in the above listed communities. All leagues will receive a schedule for matches. Leagues are tentatively scheduled to start the week of June 4th and play 8-10 matches.

### Women's Singles

Day	Time	Fee	Code
Tue	6:00-9:00 PM	\$20	11524

### Mixed Doubles

Day	Time	Fee	Code
Wed	6:00-9:00 PM	\$26	11525

### Men's Singles

Day	Time	Fee	Code
Thu	6:00-9:00 PM	\$20	11526

### Women's Doubles

Day	Time	Fee	Code
Thu	6:00-9:00 PM	\$26	11527



## Adult Tennis Drills and Clinics

Adult tennis clinics are offered for all skill levels. Please indicate which day(s) you are registering for at the time of registration. There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley.

### Basics & Beyond *USTA Level 1.0-3.0*

For beginners and intermediate level player's with an emphasis on strokes, rallying and serving.

**Site:** Brookview Park (Spring), Lions Park (Summer)

**Tues & Thurs - 9:30-11:30 AM**

Session	Date	Fee 2 Days	Fee 1 Day	Code
Spring (6 weeks)	May 1-June 7	\$215	\$108	11498
Summer (4 Weeks)	June 12-July 5	\$159	\$89	11499
Summer (4 Weeks)	July 10-Aug 2	\$159	\$89	11500
Summer (4 Weeks)	Aug 7-Aug 30	\$159	\$89	11501
All 4 Sessions	May 1-Aug 30	\$533	\$286	11502

### Cardio & Fitness Drill *USTA Level 3.0-4.0*

For Intermediate players looking for an intense athletic and aerobic workout.

**Site:** Brookview Park (Spring), Lions Park (Summer)

**Tues & Thurs - 9:30-11:30 AM**

Session	Date	Fee 2 Days	Fee 1 Day	Code
Spring (6 weeks)	May 1-June 7	\$215	\$108	11503
Summer (4 Weeks)	June 12-July 5	\$159	\$89	11504
Summer (4 Weeks)	July 10-Aug 2	\$159	\$89	11505
Summer (4 Weeks)	Aug 7-Aug 30	\$159	\$89	11506
All 4 Sessions	May 1-Aug 30	\$533	\$286	11507

### Advanced Strategy Clinic *USTA Level 3.5-4.5*

For Intermediate and advanced players with an emphasis on strategy development and technical refinement.

**Site:** Brookview Park (Spring), Lions Park (Summer)

**Wed & Fri - 9:30-11:30 AM**

Session	Date	Fee 2 Days	Fee 1 Day	Code
Spring (6 weeks)	May 2-June 8	\$215	\$108	11508
Summer (4 Weeks)	June 13-July 6	\$159	\$89	11509
Summer (4 Weeks)	July 11-Aug 3	\$159	\$89	11510
Summer (4 Weeks)	Aug 8-Aug 31	\$159	\$89	11511
All 4 Sessions	May 2-Aug 31	\$533	\$286	11512

### Advanced Warrior Workout Drills

*USTA Level 4.0-5.0*

USTA league players working on advanced strokes, doubles strategy and technique.

**Site:** Brookview Park

**Monday - 6:00-8:00 PM - No Class May 28**

Session	Date	Fee	Code
Spring (6 weeks)	April 30-June 4	\$108	11513
Summer (4 Weeks)	June 11-July 2	\$89	11514
Summer (4 Weeks)	July 9-July 30	\$89	11515
Summer (4 Weeks)	Aug 6-Aug 27	\$89	11516
All 4 Sessions	April 30-Aug 27	\$286	11517

### Skills and Cardio Tennis *USTA Level 2.0-3.5*

Beginner & intermediate players practice stroke development and cardio fitness.

**Site:** Brookview Park

**Tues, Weds & Thurs - 6:00-8:00 PM - No Class July 4**

Session	Date	Fee 2 Days	Fee 1 Day	Code
Spring (6 weeks)	April 30-June 6	\$215	\$108	11518
Summer (4 Weeks)	June 11-July 2	\$159	\$89	11519
Summer (4 Weeks)	July 9-Aug 1	\$159	\$89	11520
Summer (4 Weeks)	Aug 6-Aug 29	\$159	\$89	11521
All 4 Sessions	April 30-Aug 29	\$533	\$286	11522

### Match Play and Drills *USTA Level 3.5-4.5*

For advanced players with an emphasis on strategy development and match play strategy. No class on May 19, July 7 & 28, Aug 11 and Sept 8.

**Site:** Brookview Park

**Date:** May 10-Sept 22

**Thurs - 6:00-8:00 PM & Sat - 9:00-11:00 AM**

Packages	Fee	Code
5 Classes	\$75	11523
10 Classes	\$125	11523
20 Classes	\$230	11523
35 Classes	\$280	11523





## Spring Art SHOWCASE

Explore a variety of drawing and painting tools, methods, and materials to enhance your art making skills. Join in one or both of the classes. Demos and individual instruction provided. View art work from major artists for inspiration. Art materials furnished for class activities. Classes are instructed by Gin Weidenfeller.

### Explore Drawing Tools

Make crisp, black and white line drawings using pen and ink. Wash with watercolor, draw with graphite, conte crayons (chalk), while blending shapes and color on toned paper. We will also explore colored pencils to depict light, shadow, and volume. Participants will draw or paint nature objects, plant/flora specimens and other subject matter.

Site: Brookview Community Center Fee: \$45, Resident \$40

Day	Date	Time	Code
Tue	April 23 & 30	1:00-2:30 PM	11234

### Spring Greens - Color Exploration

Learn to apply color theory as you mix and blend the primary colors (red, yellow and blue) to produce the many greens of Spring. Paint a watercolor Spring landscape, make sketches of new plant/floral growth using graphite and watercolor wash. Mix and blend color to create tints and blushes to paint white flowering plants, new growth and spring wonders.

Site: Brookview Community Center Fee: \$45, Resident \$40

Day	Date	Time	Code
Tue	May 14 & 21	1:00-2:30 PM	11235

### Landscape For Life

Are you looking for an economical but beautiful plan to add landscaping to your yard? Join us for this Landscape for Life class! You will learn how to use easy to find plants to landscape for yourself and future generations. Bring a photo of your site and/or the area dimensions and go home ready to plant! The class will consist of a PowerPoint presentation on how to attract wildlife to your yard, a presentation on native planting and green gardens, a question and answer session and time to work individually on flower bed plans. Instructor is Patsy Stuva with PMS Enterprises. Register at least one week prior to class date. \*Resident fee applies to Golden Valley, New Hope and Robbinsdale.

Site: New Hope City Hall (4401 Xylon Ave N)  
Fee: \$19, \*Resident \$12

Day	Date	Time	Code
Mon	April 2	7:00-9:00 PM	11239



### Very Easy Gardening

*Bring the kids and turn your garden into a family project!*

Have you always wanted to start a garden but were afraid it would be too much work? Or just didn't know how to start? Join the Golden Valley Garden Club for this fun and informative series for new (or returning) gardeners. We'll take you step-by-step from planning to planting and harvesting a new flower and/or vegetable garden, and show you easier ways to prepare and maintain your garden. It's true--modern gardening takes much less work! Plan to attend both sessions. You'll use what you learn in the first session to draw up a rough plan; we'll help you refine it in the second session.



*Classes are FREE but pre-registration is required. Contact the Golden Valley Garden Club to sign-up and/or for questions.  
Email: gardenclubgv@yahoo.com.*

Site: Brookview Community Center Time: 7:00-9:00 PM

#### Flower Gardening

Session 1: Planning your garden - Thursday, March 22  
Session 2: Planting your garden - Thursday, April 12

#### Vegetable Gardening

Session 1: Planning your garden - Wednesday, April 18  
Session 2: Planting your garden - Wednesday May 2

**Maintenance & Harvesting your Garden**  
Tuesday, July 24





## About the Instructor...

### Annette Fragale

has received her yoga and pilates training in several different styles which she combines into her classes. Annette brings humor and sensitivity to her teachings and proves that age is only a number.

## Daytime Yoga with Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Please bring and exercise mat.

Site: Brookview Community Center

Fee: \$61, Resident \$56

Day	Date	Time	Code
Tue	April 10-May 29	11:00 AM-12:00 PM	11173

## Pilates - Inspired Workout with Annette

When was the last time you found yourself with an amazing set of abs? Challenge your powerhouse with the body-slimming, core-shaping exercises that have made Pilates the most popular method to tone and sculpt long, lean muscles. This easy, energizing routine promises to improve flexibility, balance and posture and to maximize your mental and physical health. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Many elements of yoga are included. Please bring an exercise mat.

Site: Brookview Community Center

Fee: \$54, Resident \$49

Day	Date	Time	Code
Mon	April 9-May 21	6:00-7:00 PM	11175

## Tae Kwon Do

This self-defense program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape.

*\*Resident fee applies to Golden Valley & St. Louis Park.*

### BEGINNER

Site: Davis Community Center

Time: 6:15-7:00 PM

Day	Date	Fee	Code
Tue	April 10-May 15	\$64, Res \$59	11228
Tue	May 29-June 26	\$54, Res \$49	11230
Tue	July 10-Aug 21	\$64, Res \$59	11232
(No class Aug 14)			

### ADVANCED

Site: Davis Community Center

Time: 7:00-7:45 PM

Day	Date	Fee	Code
Tue	April 10-May 15	\$64, Res \$59	11229
Tue	May 29-June 26	\$54, Res \$49	11231
Tue	July 10-Aug 21	\$64, Res \$59	11233
(No class Aug 14)			

## Over 45 Mixed Doubles Pickleball League

This summer we will offer a 45 and over pickleball league for mixed doubles. This exciting mini-tennis game is a combination of ping-pong, tennis and badminton and can be played with two or four players. It is played on a court the size of a badminton court, which is smaller than a tennis court, using tennis rules and a smaller racquet/paddle and a whiffle ball. Lessons or previous playing experience are not required to join in the fun, so sign up today! For more information or to register contact Steve Ellingson at 763-531-5155.

Sites: New Hope - Hidden Valley Park (32nd & Boone Aves)

& Civic Center Park (44th & Xylon Aves)

Date: Thursdays, beginning June 14

Time: 6:00-10:00 PM

Fee: \$20/couple



## Belly Dancing *Level 1*

Come to explore the beautiful and ancient art of belly dance/Middle Eastern dance. Whatever your goals are – exercise, dancing, body and muscle strengthening, fixing lower back problems – this class covers them all. Wear loose and comfortable clothing. No hip scarf is required but they are fun to wear. No previous dance experience required. Instructed by Tatyana Butkova.

**Site:** Brookview Community Center

**Fee:** \$69, Resident \$64

Day	Date	Time	Code
Thu	March 8-April 26	7:00-8:30 PM	11162

## Belly Dancing *Level 2*

Instructor Tatyana Butkova will expand on the basics for more challenge and fun! Wear loose and comfortable clothing. Previous belly dance experience required.

**Site:** Brookview Community Center

**Fee:** \$69, Resident \$64

Day	Date	Time	Code
Mon	March 5-April 23	7:15-8:45 PM	11164

### About the Instructor... *Tatyana Butkova*

has been studying the art of belly dancing since 2002.

In January 2004, she began studying at Cassandra School of Belly Dance and in 2006 joined Jawaahir Dance Company. In spring 2007, Tatyana started her teaching career by teaching classes at Cassandra School.

## Belly Dancing *Mixed Levels*

Whether you want to try belly dance or want to expand your experience come to mixed level belly dance class. We will be learning and reviewing movements and putting them into combinations. Wear loose comfortable clothing. Hip scarfs are not required, but they are fun to wear.

**Site:** Brookview Community Center

**Fee:** \$85, Resident \$80

Day	Date	Time	Code
Mon	June 4-July 23	7:15-8:45 PM	11237

## Yoga Flow with Laura

Get ready to connect with the feeling and power of your body through flow yoga. This 70-minute non-competitive class combines yoga postures, core work, breathing awareness and a blissful guided relaxation. Appropriate for beginners to yoga, as well as those who already practice. Benefits include: increased strength, flexibility, body awareness and mental clarity. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

**Site:** Brookview Community Center

**Time:** 5:30-6:40 PM

Day	Date	Fee	Code
Tue	March 27-May 15 (7wks) (No class April 3)	\$75, Resident \$70	11053
Thu	March 29-May 17 (7wks) (No class April 5)	\$75, Resident \$70	11057
Tue	May 22-June 26 (6wks)	\$65, Resident \$60	11054
Thu	May 24-June 21 (5wks)	\$55, Resident \$50	11058
Tue	July 10-Aug 28 (7wks) (No class Aug 14)	\$75, Resident \$70	11055

### About the Instructor...

*Laura Lazowski*

is a certified yoga instructor and facilitates hatha yoga in a flow style. She has been practicing yoga for over 25 years.

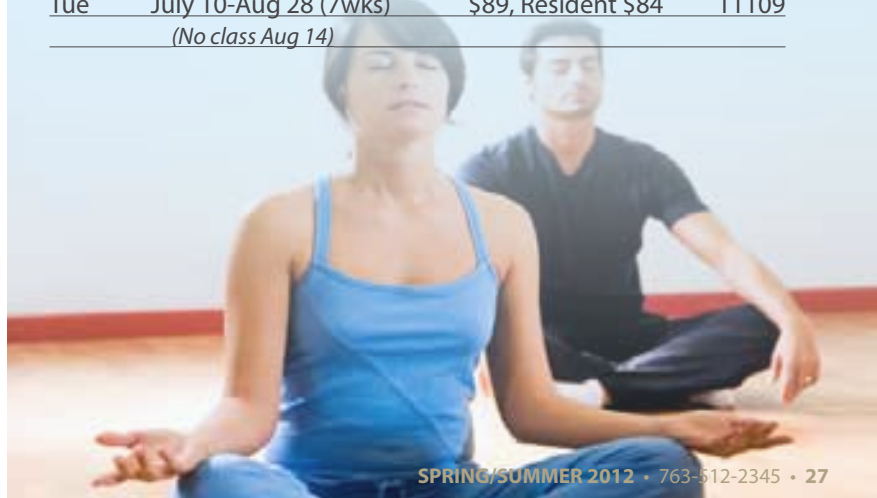
## Power Yoga Flow with Laura

Power Flow is similar to Yoga Flow (above), with some added intensity. The class includes a few more intermediate poses, however, beginners are welcome to do modified poses to accommodate their comfort level. This 90-minute non-competitive class consists of breath awareness, yoga poses, core exercises, light weight work and a guided relaxation. Benefits include: increased strength, flexibility, body awareness and mental clarity. Bring a sticky mat, 1-5 lb. hand weights (optional) and a small blanket and pillow for relaxation (optional). Instructed by Laura Lazowski.

**Site:** Brookview Community Center

**Time:** 6:45-8:15 PM

Day	Date	Fee	Code
Tue	March 27-May 15 (7wks) (No class April 3)	\$89, Resident \$84	11107
Tue	May 22-June 26 (6wks)	\$77, Resident \$72	11108
Tue	July 10-Aug 28 (7wks) (No class Aug 14)	\$89, Resident \$84	11109





## SKYWARN

### *A Severe Weather Awareness Class*

This storm spotter training course shows what to look for when observing thunderstorms and covers some local severe weather climatology and basic severe weather meteorology. Attendees will be a certified weather spotter upon completion of the class. Taught by Brad Winger, a certified National Weather Service Instructor with 21 years of experience spotting and chasing storms.

**Brookview Community Center**

**Tuesday, March 13**

**6:30-8:30 pm**

**\$10/person**

**Code: 11181**

## POWER SORT YOUR PHOTOS

Would you like to get all your photos out of bags and boxes and into photo safe boxes? Locate any photo within seconds using the convenient Power Sort system to safely and quickly organize a lifetime of photos--it holds 1,200 photos! Bring as many bags of photos as you can carry. They will be empty when you leave. Class fee includes the Power Sort Box (\$30 value). Optional additional supplies available for purchase at class. Instructor is Patsy Stuva with PMS Enterprises. Register at least one week prior to start. *\*Resident fee applies to Golden Valley, New Hope and Robbinsdale.*

**Site:** New Hope City Hall (4401 Xylon Ave N)

**Fee:** \$52, \*Resident \$45

Day	Date	Time	Code
Sat	May 5	10:00 AM-12:00 PM	11240
Sat	July 14	10:00 AM-12:00 PM	11241

## Tai Chi for Health & Arthritis

### *TAI CHI - BASIC CLASS*

This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

**Site:** Brookview Community Center **Fee:** \$47, Resident \$42

Day	Date	Time	Code
Tue	Feb 28-April 10	8:30-9:40 AM	11118
Tue	April 24-June 5	8:30-9:40 AM	11123
Tue	June 19-Aug 28 (No class July 3)	8:30-9:40 AM	11119

### *TAI CHI - MOVING ON*

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey, endorsed by the Arthritis Foundation. Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

**Site:** Brookview Community Center **Fee:** \$47, Resident \$42

Day	Date	Time	Code
Tue	Feb 28-April 10	9:45-10:45 AM	11124
Tue	April 24-June 5	9:45-10:45 AM	11217
Tue	June 19-Aug 28 (No class July 3)	9:45-10:45 AM	11218



### About the Instructor...

#### *Marie Mathey*

began studying Yang style Tai Chi 30 years ago with Sifu Jerry Gardner, who now owns the Red Lotus School in Salt Lake City. She also practices Tai Chi Fan, Qigong, Yi Chaun and Yoga. She is a certified instructor of Dr. Paul Lam and endorsed by the Arthritis Foundation. Marie welcomes students of all ages and abilities.



# GOLDEN VALLEY SENIORS PROGRAM

The Golden Valley Senior Center is located in the Evergreen Room at the Brookview Community Center.  
Join scheduled activities and register for events, trips and other activities.

Golden Valley Senior Program Office  
200 Brookview Parkway, Golden Valley, Minnesota 55426  
Phone: 763-512-2339  
Fax: 763-512-2344  
TTY: 763-593-3968  
[www.goldenvalleymn.gov/recreation/seniors](http://www.goldenvalleymn.gov/recreation/seniors)



## Weekly Card & Game Groups

New players are always welcome to these card and game groups. Please arrive at least 10 minutes before scheduled start time to get set-up. Hope to see you there!

*All groups meet at Brookview Community Center.*

Group	Day	Time
Dominoes	Mondays	1:00 PM
Cribbage	Tuesdays	1:00 PM
500	Wednesdays	1:00 PM
Euchre	Thursdays	1:00 PM
Contract Bridge	Thursdays	6:30 PM
	Fridays	9:00 AM



## Blood Pressure Screening

4th Wednesday of each month  
Brookview Community Center  
11:00-11:30 AM



No appointment needed. Provided by staff from the Ambassador Good Samaritan Care Center.



## STAY INFORMED with your 2012 Annual Membership Donation

Subscribe to the Senior Newsletter, the center's bi-monthly newsletter, by paying an annual membership donation. Your donation is good for January-December 2012 and will allow you to receive the bi-monthly Senior Newsletter right at your door. Your donation also helps offset some of the costs for the senior program. Support your senior program by donating to the Golden Valley Seniors today! You can also subscribe to Senior Newsletter Program updates online at the website listed above.

Donation: \$8, Resident \$5  
Code: 11112

**Thanks For  
Your Support!**

# SENIOR PROGRAMS

## Getting Through the Medicare & Medgap Maze

**2nd Thursday of each month**

**Brookview Community Center**



Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make an appointment with Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Appointment times are 9:00, 10:00 or 11:00 AM. Call the senior office today to make your appointment.

## Happy Feet Foot Care Clinic

**2nd & 3rd Tuesday of each month**

**Brookview Community Center**

Happy Feet are now available to you! The foot-care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Fee of \$32 is payable to Happy Feet Footcare, Inc. and due at time of service.

**Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. If you need to cancel, you must call Happy Feet at least 24 hours in advance or you may be charged a fee.**



## Tax Assistance 2012

Help with filling out income tax forms is offered free on a first-come, first-served basis to people with uncomplicated income taxes. Please bring all information needed including your labeled tax forms, property tax information and direct deposit information (if applicable). Tax forms are filed electronically. Service provided by volunteers from AARP programs. The volunteers attend training but are not professional tax accountants.

### Golden Valley Library

Thursday, February 2, 9, 16, 23, March 1, 8, 15

10:30 AM-1:30 PM

Registration begins at 10:00 AM at the door.

### Brookview Community Center

Thursday, March 22, 29, April 5, 12

9:00 AM-12:00 PM

Registration begins at 8:15 AM at the door.

# SENIOR SPECIAL EVENTS

## ABC's of Photo Organizing

**Saturday, April 14 • 11:00 AM-12:00 PM**

**Golden Valley Library (830 Winnetka Ave N)**

Do you have boxes, bags and bins full of family photos, movies and memorabilia? Are there hundreds of digital images on your computer or camera? Get organized, with these tips from a professional personal photo organizer! **Register online after March 23 at [www.hclib.org](http://www.hclib.org) or call 612-543-6375.**

## 2012 Senior Spring Forum

**Wednesday, April 18 • 8:30 AM-12:00 PM**

**Brooklyn Park Community Center (5600 85th Ave N)**



Hear presentations about living with grace, purpose and joy. Susan Brower, from the Minnesota State Demographic Center will speak on "The New Norm" at 10:15 AM. Frank Vascellaro, WCCO TV Channel 4 news anchor, is the featured speaker at 11:00 AM. Frank will share events of his journey of having a hip replacement. Visit over 75 informational booths on aging. Coffee and treats provided. Sponsored by Northwest Hennepin Human Services Council and Senior Leadership Committee. **Pre-register by emailing [info@nwwhsc.org](mailto:info@nwwhsc.org) or calling 763-503-2520.**





# SENIOR SPECIAL EVENTS

## Senior Par 3 Golf League Kick-off

**Thursday, April 19 • 10:30 AM**

**Brookview Community Center**

Kick-off the 2012 golf season with Ben Disch, Brookview's Golf Manager. Learn about the Senior Golf League and meet the committee members. Refreshments! Door prizes! \$5 league registration also taken that day. If you are unable to attend the kick-off, but want to play in the league, the league fee may be dropped off in the golf office.

## Pedal Pushers Kick-off

**Tuesday, April 24 • 10:00 AM**

**Brookview Community Center**

Join Nancy, our fearless leader, as we plan our 2012 Pedal Pusher season. Nancy will show slides of her and Keith's 2011 Lake Superior travel adventures-Part 1. The "Pedal Pushers" t-shirt will also be available for purchase. Donations accepted for refreshments. *Register with the senior office by April 23.*

## May Day Game Day

**Tuesday, May 1 • 10:30 AM-12:00 PM**

**Brookview Community Center**

**\$3/person - Code: 11216**

Celebrate May Day with the Golden Valley Seniors. Play Scrabble, Uno, Checkers, and/or Yahtzee (games played depends on number of people) before enjoying a light lunch. Min 8, max 30. *Register with the senior office by April 26.*

## Bowling Tournament

**Tuesday, May 8 • 12:30 PM**

**Texa-Tonka Lanes (8200 Minnetonka Blvd, St. Louis Park)**

**\$4/person**

It's our annual bowling tournament hosted by Texa-Tonka Lanes. Fee paid to Texa-Tonka the day of the event and includes: three games, shoes, ball, coffee, cookies and prizes. No pre-registration required.

## The Post Surgeon Makes a House Call

**Wednesday, May 9 • 3:00 PM**

**Calvary Center Cooperative (7600 Golden Valley Rd)**

Fort Snelling's doctor makes a house call to "physic" you for such ailments as a catarrh and the ague. He'll discuss the hospital at Fort Snelling, which was the first in Minnesota, the practice of "modern medicine" during the 1820s and you'll have to decide if the cure sounds worse than the malady. *Register with the senior office by May 7.*

## Senior Surf Day

**Thursday, May 10 • 9:00-11:00 AM**

**Golden Valley Library (830 Winnetka Ave N)**

Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Get hands-on computer experience with help from representatives of the Senior LinkAge Line®. *Register online after April 12 at [www.hclib.org](http://www.hclib.org) or call 612-543-6375.*

## Handmade Papermolding

**Friday, May 18 • 10:00 AM-12:00 PM**

**Golden Valley Library (830 Winnetka Ave N)**



Discover basic techniques while learning to hand-craft a beautiful gift for yourself or a loved one. We will talk about the basics of materials, work through the project in a simple step by step process, and you will finish with your own small project. Classes are FREE due to the generous donation by "Friends of the Library". Classes are limited 15. *Register online after April 20 at [www.hclib.org](http://www.hclib.org) or call 612-543-6375.*



# SENIOR SPECIAL INTEREST GROUPS



## PEDAL PUSHERS BICYCLE GROUP

*Meets twice a month on  
Tuesdays or Thursdays  
at 9:00 AM*

Dust off that bicycle and join us as we pedal our way on the paved paths of the Twin Cities. All riding levels are welcome. We meet at a designated location at 9:00 AM and then bike 6-12 miles. We make frequent, short, water/rest stops to enjoy the scenery and each other. Helmets are required. Water bottles and snacks are strongly recommended. Members are responsible for their own transportation and transporting their bicycle to/from the location.

Our escort is Nancy Sjoquist. Nancy has a degree in Therapeutic Recreation from the University of Minnesota and years of bicycle experience. She has escorted the Pedal Pushers for 16 years. Call the senior office to be placed on the Pedal Pushers mailing to receive bike trip information.

## Senior Golf Leagues

### SENIOR PAR 3 LEAGUE

Men and Women, age 55 and older, are invited to play at the Brookview Par 3 Course on Thursday mornings. Tee times start at 7:30 AM with weekly sign-up. The season will be from May 3-September 13. \$5 league fee is collected at the kick-off meeting on April 19th. See information in the golf section for green and cart fees.

### SENIOR PATRON 18-HOLE REGULATION LEAGUE

This senior golf league will play the 18-hole course at Brookview. \$15 league registration is due April 24. Note: You must be a valid Brookview Senior Patron card holder to register and play. League plays on Tuesdays, May 1-August 28. See information in the golf section for green and cart fees. Call 763-512-2305 for information.



## Mondays with Mary

*Every Monday • 9:30 AM  
Brookview Community Center*

Join Mary on Monday mornings to make door decorations, greeting cards, party favors and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors and Mary Wanderers. We'll supply the materials and coffee, you bring your time and talent. As we say, "The more the Mary-ier". See the Senior Newsletter for meeting dates. **Group will not meet on May 28 & Sept 3.**

## Money Matters

*3rd Thursday of each month  
10:00-11:00 AM*

*Brookview Community Center*

Finances and investments are of more interest than ever with rising consumer costs. Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. No pre-registration necessary.



### THURSDAY, MARCH 15

#### U of M Anatomy Bequest Program

Presented by the U of M Anatomy Bequest Program staff.

### THURSDAY, APRIL 19

#### Bankruptcy 101

Presented by Wayne Nelson, Attorney, National Association of Consumer Bankruptcy Attorneys.

### THURSDAY, MAY 17

#### Investing Systems

Presented by Larry Klick, Money Matter member.

### THURSDAY, JUNE 21

#### Why Smart People Make Bad Decisions

Presented by Dale Stenseth, Money Matters member.

### THURSDAY, JULY 19

#### What is a Financial Planner and What Do They Do?

Presented by Matt Buechel, Morgan Stanley Smith Barney.

### THURSDAY, AUGUST 16

#### The Housing Market

Presented by Chris Gemlo, Counselor Realty.



## Living Well & Wise

**1st Thursday of each month**

**1:00-2:15 PM**

**Calvary Center Cooperative**

It's a fact! People are living longer and healthier. Join us for this program that offers information each month for a happy, healthier you. No registration required. Co-sponsored with Calvary Center Cooperative and Golden Valley Rehab and Care Center.



### **THURSDAY, APRIL 5 Picking a Transitional Care Facility**

You've been told you need a knee or hip replacement and may not be able to go home after surgery because you need in house therapy. Panic sets in – not about the surgery but where do I go after surgery? What questions should I ask about the facility before I make my decision? Leslie Brown, Referral Manager from Golden Valley Rehab will walk you through the process. Come with questions.

### **THURSDAY, JUNE 7 Postal Scams and Mail Fraud**

Did you know that most frauds and scams share many common traits? Today learn tips to gain a better understanding of how to spot the most common scams. Arm yourself with this knowledge and avoid becoming a victim. Presented by Jeff Long, US Postal Service.

### **THURSDAY, JULY 5 Parkinson's Disease**

Park Nicollet Struthers Parkinson's Center, located in Golden Valley, is designated by the National Parkinson Foundation as a center of excellence. Realizing the significant and unique impact Parkinson's disease and related movement disorders have on you and your family, the goal is to improve quality of life at every stage and help people live well with Parkinson's disease. Presented by Ruth Hagestrom, Struther's Parkinson Institute.

### **THURSDAY, AUGUST 2 Personal Response Systems**

What are Personal Response Systems including Lifeline? How do they work? Do I need one and why? Presented by Carrie Oman of Comforcare Senior Services.

## Remember When?... with Jan

**4th Thursday of each month**

**1:00 PM • Dover Hill Apartments**

We all have special memories and we usually start by saying "remember when?...." Let's go back and enjoy that time in our life with our friends.



**Thursday, March 22** Remembering Our Pets

**Thursday, April 26** Remembering Trips We Have Taken

**Thursday, May 24** Remembering Memorial Day

**Thursday, June 28** Remembering Burma Shave Signs

**Thursday, July 26** Remembering Picnics and Picnic Food

**Thursday, August 23** Remembering "Made in Minnesota"

## COFFEE TALK

**4th Wednesday of each month • 9:45 AM**

**Brookview Community Center**

**\$2 payable at the door**

Join us for informative programs, juice, donuts, and of course, coffee! Call the Senior office to register so there are treats and coffee for everyone.

### **WEDNESDAY, APRIL 25 "Players in the Grove"**

Be ready to laugh this morning! In the past year, Players in the Grove have put on productions at the Maple Grove Community Center and local senior facilities. The catch phrase of the group seems to be "by seniors, for seniors" with all scripts taking a light look at the mature adult. Today's performance is, "You won't get a pill by asking Dr. Jill", a take-off on the Dr. Phil show. **Register by April 23.**

### **WEDNESDAY, MAY 23 & 30**

#### **Nordic Walking for Fun and Fitness**

(advanced registration required - see description below)

Enjoy the out of doors and walking by adding Nordic Walking to your routine. Meet for two Wednesdays for Nordic walking, which combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout that expends more calories without having to walk faster or work harder. Wear comfortable clothing and good walking shoes. Program held indoors if inclement weather. Limit of 15. **Register by May 16.**

**Time:** 10:00 AM

**Fee:** \$5 (includes pole rental and refreshments)

**Code:** 11224

### **WEDNESDAY, JUNE 27 The History of Ragtime**

Ragtime is an original musical genre which enjoyed its peak popularity between 1897 and 1918. Its main characteristic trait is its syncopated, or "ragged," rhythm which began as dance music in the red-light districts of American cities years before being published as popular sheet music for piano. Presented and performed by Dan Wascoe. **Register by June 25.**

### **WEDNESDAY, JULY 25 Top Dog Foundation**

"A Home for Every Aging Heart" is the mission of the Top Dog Foundation. Put two senior beings together – a senior person (or family) and a senior dog – and the hearts do the rest. This group rescues senior (older) dogs and places them in new loving and permanent homes. These dogs are deemed unadoptable because of age and health and would otherwise be unnecessarily euthanized. Learn about this amazing group and hear their success stories. Presented by Bobbi Gruman, Volunteer, Top Dog Foundation. **Register by July 23.**





# SENIOR CLASSES

Looking for Tai Chi? See page 30.

## Intermediate Bridge Class

Made for the player who has basic knowledge of the game, sharpen your skills with these intermediate bridge classes. Instructed by Dick Welander, Life Master Player and Certified Instructor from American Contract Bridge League.

**Site:** Brookview Community Center **Fee:** \$36, Resident \$31

Day	Date	Time	Code
Fri	April 13-June 1	9:00-10:30 AM	11185
Fri	June 8-July 27	9:00-10:30 AM	11186



## Let's Play Euchre!

Learn the fastest game in town in less than 30 minutes! If you have played 500, we guarantee you can learn the game of Euchre in 15 minutes. Take this FREE lesson and then stay and play the game!

**Site:** Brookview Community Center **Date:** Thursday, April 26  
**Time:** 12:30-1:00 PM



## Defensive Driving

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. These classes are taught by professional

certified instructors and offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

**REGISTER:** In advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Call 651-291-9150 for more information.

### 8-Hour First Timers Course

**Site:** Brookview Community Center **Fee:** \$18/person

Day	Dates	Time
Tue	April 17 & 24	6:00-10:00 PM

### 4-Hour Refresher Course

**Site:** Brookview Community Center **Fee:** \$17/person

Day	Dates	Time
Thu	April 12	9:00 AM-1:00 PM
Thu	May 10	9:00 AM-1:00 PM
Thu	June 14	9:00 AM-1:00 PM
Thu	July 12	9:00 AM-1:00 PM
Thu	August 9	9:00 AM-1:00 PM

## Oils & Acrylics with Judy

Looking for a creative outlet? Instructor Judith Baron will teach you to paint pictures in acrylics or oil. Classes are small to allow for individual help. If new to the class, leave your name and number and Judy will call you about the supplies to bring to class. Purchase your punch pass at the Recreation office and join us each week!



**Site:** Brookview Community Center

**Date:** Mondays through Nov 26

(No class May 28 & Sept 3)

**Time:** 9:30-11:30 AM

**Fee:** 6-time punch pass \$45, Resident \$40



## A Matter of Balance

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. A Matter of Balance, an award-winning program developed by Boston University, is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. A workbook is provided at first class.

**Site:** Brookview Community Center **Fee:** \$15

Day	Date	Time	Code
Wed	June 6-August 1	10:00 AM-12:00 PM	11222



## Enhance Fitness

EnhanceFitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. EnhanceFitness classes develop endurance, coordination, and promote mental sharpness and social connections. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being.

**Site:** Brookview Community Center

**Fee:** \$35, Resident \$30, FREE to UCare Members (ID required at time of registration)

Day	Date	Time	Code
Mon/Wed	March 19-April 25	11:15 AM-12:15 PM	11192
Mon/Wed	April 30-June 11	11:15 AM-12:15 PM	11219
(No class May 28)			
Mon/Wed	June 13-July 30	11:15 AM-12:15 PM	11220
(No class July 2 & 4)			
Mon/Wed	Aug 1-Sept 12	11:15 AM-12:15 PM	11221
(No class Sept 3)			

# MARY'S EXTENDED TRIPS

Join Mary Odell for these fun-filled extended trips! Call the senior office for a detailed brochure. Travel Insurance is also available. Listed fee includes (unless otherwise noted): Transportation, lodging for designated nights, meals and gratuities on included meals, attractions, local guides and escort.

*Meals are indicated as follows: B=Breakfast, L=Lunch, D=Dinner*



## Chicago Treasures by Train & Bus *June 20-23*

**June 20:** Leave Golden Valley and board Amtrak to Chicago. Meals are available for purchase in the dining car. Arrive in Chicago and enjoy dinner together before checking into the Country Inn & Suites. [D]

**June 21:** Have breakfast at the hotel. Explore Chicago with a local sightseeing guide who highlights the history, architecture and culture of the city. View Chicago from the 103rd floor of the Willis Tower Skydeck. Enjoy lunch before stopping at two National Historic Landmarks, including the restored South Shore Country Club, site of the Obama's wedding reception. Shop on "Magnificent Mile" and stroll Navy Pier. See breathtaking views during dinner at Riva Restaurant. [B,L,D]

**June 22:** Have breakfast at the hotel before rambling along the Fox River with a guide. Visit Cantigny, originally built for the editor of the Chicago Tribune, and tour the museum and gardens. Lunch (on own) before visiting the Little Traveler Shop in historic Geneva, filled with thirty rooms of treasures to admire and/or purchase. Board the Paddlewheel River Boat for a cruise on the Fox River. Have dinner before seeing a musical at the Lincolnshire Theater. [B,D]

**June 23:** Have breakfast at the hotel. Join a local guide as we venture along the north shore of Lake Michigan revealing mansions, landmarks and treasures. Explore the Chicago Botanic Gardens by tram and have lunch overlooking the gardens before returning to Golden Valley. [B,L]

Fee	Deposit	Final Pay	Code
\$855/person (Double)	\$200 by April 20	May 20	11188
\$990/person (Single)			

*After April 20, payments are NOT refundable.*

## Fall Colors on the Mississippi River *October 15-17*

**October 15:** Leave Golden Valley City Hall at 7:30 AM. Have coffee and rolls at Trumbles in Albert Lea. In Cedar Falls, have lunch at the Happy Barn Restaurant. Continue to Moline and check into the Radisson Commons Hotel. You can spend time at The John Deere Pavilion, located across the street from the hotel. This evening dine (on own) at a variety of restaurants. [C,L]

**October 16:** Leave early for the Celebration Belle and have breakfast. Depart for the 100-Mile Mississippi River all-day cruise from The Quad Cities to Dubuque, IA in the glorious fall color season. On board, chefs prepare three fresh meals right on the boat. Breakfast, lunch, dinner and snacks are included. The 800 passenger, Celebration Belle, is accessible with an elevator onboard. This is a narrated excursion with the Captain pointing out interesting sites plus onboard activities and exceptional entertainment. Experience locking thru Lock and Dams and see the beauty around every bend in the mighty Mississippi River. There are two observation decks to sit and enjoy the views, visit the gift shop and stop in the pilot house to say hello to the captain. Disembark in Dubuque, IA and check into the Best Western Plus hotel. [B,L,D]

**October 17:** Have breakfast at the hotel. Tour the Vesterheim Norwegian-American Museum, which houses over 24,000 artifacts, including large samplings from the fine, decorative, and folk arts. There is a collection of 12 historic buildings on the site. Have lunch at the Hotel Winneshiek in Decorah, IA. The hotel has been exquisitely restored to its turn-of-the-century grandeur with an airy, three-story atrium. A snack stop (on your own) before returning to Golden Valley at 6:00 PM.

Fee	Deposit	Final Pay	Code
\$545/person (Double)	\$200 by August 20	Sept 7	11187
\$635/person (Single)			

*After August 20, payments are NOT refundable.*





## About your Trip Escort... Mary Odell

has been with the Golden Valley Senior Program for over 24 years. She started as the Hiking Club Leader. Mary has been escorting senior trips for over 20 years and also coordinates the Mondays with Mary group. Ask her about her grandkids!

# THE MARY WANDERERS TRIP PROGRAM

The "Mary Wanderers" trip program includes one-four day excursions to places of interest in the Midwest. The cost of the trip is for deluxe motor coach transportation, escort, tours (as outlined) and meals (if provided). Registrations are taken in person or by mail with check, cash, Visa or MasterCard. Phone registrations taken with Visa or MasterCard. Minimum of 6 needed for bus to stop.

## PICK-UP LOCATIONS:

**Calvary Co-op & Apts • Golden Valley City Hall**

\*You must specify a pick-up location when registering for one-day trips.\*

## "The Fox on the Fairway"

Enjoy lunch before following the shenanigans of rival country clubs Quail Valley and Crouching Squirrel as they head into their 43rd annual golf grudge match. Bogeys, backswings, and birdies, oh my! Written by the author of Lend Me a Tenor and Crazy for You, this new comedy is filled with mistaken identities and double-entendres. After the show, enjoy a backstage tour with Don Stoltz. *Please designate menu choice when registering: Pork Chop, Walleye, Vegetarian Lasagna, Chicken or Beef Stroganoff.*

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Wed	March 14	11:30 AM	4:00 PM	\$49.50	11102

Register or cancel by: March 6

## Golden Strings at the Lafayette Club

Take a few minutes to look around the elaborate creation of James J. Hill before being seated for lunch in the Ballroom. Menu: Lafayette Salad, Assorted Rolls and Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee/Iced Tea, and Gold Brick Sundae. The Golden Strings, founded and lead by virtuoso violinist Clifford Brunzell, will play music ranging from the classic to pops, from romance to jazz. An afternoon you won't want to miss. Fee includes lunch, concert, motorcoach and escort.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Tue	April 24	10:00 AM	3:15 PM	\$60	11078

Register or cancel by: March 19



**Green Lake Cruise** THU, SEPT 20  
**Fall Color Trip** THU, OCT 4  
**Christmas at Mayowood** TUE, NOV 13  
**New Ulm Holiday** FRI, DEC 14





## Scenic Wisconsin

Arrive at the Bass Lake Cheese Factory. Scott & Julie Erickson make award-winning cheeses the old fashioned way, using traditional recipes that have been handed down from generation to generation. Enjoy the colorful drive on rural roadways before arriving for lunch at Paradise Landing. The original supper club was built in the early 1900's as a gathering place for the residents of Balsam Lake. The new facility is relaxed and retains the spirit of hospitality with an environment that captures the love of the water and the beauty of the north woods. It is a "piece of paradise." Menu: Cup of Cream of Chicken Wild Rice Soup, Roast Beef with Gravy, Mashed Potatoes, Mixed Vegetable, Warm Brownie with a scoop of Ice Cream, Coffee and Iced Tea. After lunch we're traveling to St. Croix Falls where the Golden Tones will present a concert for the residents of Comforts of Home Senior Living. After the performance we will visit the Luhrs/Bjornson Artworks for a pottery demonstration and the Saint Croix National Scenic Riverway Visitors Center for a short movie, view the exhibits and if it's a nice day an optional walk along the river. Fee includes lunch, concert, motorcoach and escort.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Thu	May 3	8:25 AM	4:00 PM	\$45	11075

Register or cancel by: April 16



## Cannon Falls

Start the day with coffee and pastry at Frog Creek Pottery where we meet Lisa Dolezal, a nationally recognized artist. Lisa will share the art of using a potter's wheel and explain the clay process. She puts the "fun" in functional clay vessels. After the demonstration walk through the amazing gardens and visit the studio filled with pottery and gifts. The Mill Street Tavern, housed in a beautifully restored 1903 building, is our lunch stop. Menu: Sandwich Special with Chips, Salad, Beverage and Small Dessert. After lunch take a few minutes to stroll the streets of historic downtown Cannon Falls with its Bakery, the Drug & Gift Store, Fabric Shop and the Cannon River Winery with a selection of wine-related gifts. Reconnect with local foods at Ferndale Market's on-farm store. Experience a cooking demonstration and sample delicious and unique local foods, then browse the premier selection of items direct from the farm. You may want to bring a cooler bag for perishable food products. Fee includes coffee/pastry, lunch, demonstrations, motorcoach and escort.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Fri	June 8	8:35 AM	4:45 PM	\$49	11086

Register or cancel by: May 21



## Lunch & Theater on Minnesota Centennial Showboat

We're spending the afternoon on Harriett Island, St. Paul, where the Minnesota Centennial Showboat is docked. Our buffet lunch of salad, chicken breast, roasted garlic potato puree, vegetable saute, dinner rolls, raspberry swirl cheesecake and coffee will be served on the 2nd level (elevator available). After lunch we move into the auditorium to see "The Vampire!" This haunting thriller, penned by J.R. Planche in 1820, comes to life on the moors of Scotland, and spins a story of true love, an imperiled heroine, breath-taking swordfights and high adventure. In keeping with 19th century traditions, audiences are invited to boo and hiss the bad guys and cheer the hero. The choreographed Olios are a time honored tradition of the Showboat. Fee includes buffet lunch, reserved theater seating, motorcoach and escort.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Tue	July 10	11:45 AM	6:15 PM	\$65	11088

Register or cancel by: June 11

## Mankato Magic

Arrive at the historic Hubbard House for a tour through the mansion that was home to the R.D. Hubbard family for 67 years. Built in several stages, beginning in 1871, it is one of the finest examples of Victorian style homes in Mankato. A local guide will join us as we drive past historic sites, through neighborhoods and the business district to talk about the history, culture and attractions of the area. A "special of the day" lunch will be served at Charley's Restaurant. Then off to the Betsy-Tacy Houses to experience the legacy of Maud Hart Lovelace, beloved author of the children series. Both houses are designated National Literary Landmarks and across the street from each other. Then put on your purple -we're stopping at Vikings Training Camp (weather permitting). Spend a few minutes checking out the facility. Fee includes buffet lunch, reserved theater seating, motorcoach and escort.



Day	Date	Bus Pick-up	Approx Return	Fee	Code
Thu	Aug 2	8:10 AM	6:15 PM	\$57	11080

Register or cancel by: July 16

# SPECIAL DESTINATION TRIPS with Five Cities Transportation

The cities of Golden Valley, Brooklyn Center, Crystal, New Hope, and Robbinsdale are working together to give you educational, entertaining, low-cost program opportunities with bus pick-ups in each city. All costs are on your own. Register for these trips by calling Five Cities, unless otherwise noted. Visit [www.5citiesmn.org](http://www.5citiesmn.org).

## ROUND-TRIP PUNCH PASSES

Available for purchase from the drivers with check or cash.  
**4/round-trip pass:** \$14    **8/round-trip pass:** \$28

## SUGGESTED ROUND TRIP BUS FARES

**Regular:** \$4 cash or \$3.50 with a punch pass.  
**Special Destination:** \$7 cash or two punches from pass

REGISTER BY CALLING • 763-531-1259  
 (UNLESS OTHERWISE NOTED)



## Westminster Forums

Westminster Presbyterian Church hosts FREE forums with speakers and topics of current interest. Following the forum, enjoy "Breads and Spreads." See the senior newsletter or city website for updated information.

*\*Special Destination fare applies.*  
**Bus Leaves:** 11:00 AM - GV City Hall  
**Bus Returns:** 2:30 PM

## The Hidden Culture of Aggression in Girls Thursday, March 8

Rachel Simmons is a pioneer in exploring the phenomenon of female aggression in the lives of adolescent girls. She is co-founder of the Girls Leadership Institute, the author of *Odd Girl Out: The Hidden Culture of Aggression in Girls*, and a consultant to schools around the country. Her writings and workshops on bullying and harassment have empowered both young women and men to develop healthier relationships.

## Healing the Heart of Democracy Thursday, April 19

Parker Palmer is a writer, activist, and founder of the Center for Courage and Renewal. He is the author of nine books, including *Healing the Heart of Democracy*, where he explores America's political tensions and suggests ways to rebuild a democracy that serves the common good.

## Daily Life in Palestine Thursday, May 3

Patrick McGrann is the founder of Kitegang, a non-profit organization creating toys and events for young people living in the midst of violence. A native of Minnesota, he has worked in Sudan, Iraq, Somalia, and Yemen. He currently lives in Gaza where he assisted the U.S. government in rebuilding the American School, taught in the Islamic University, and organized a soccer association and radio station for young people.



## Macy's Flower Show Friday, March 30

Experience the FREE Macy's flower show on a self guided tour. Enjoy dining on the 12th floor at either the Oak Grill Restaurant or the Skyroom food court.

*\*Special Destination bus fare applies.*  
**Bus Leaves:** 9:30 AM - GV City Hall  
**Bus Returns:** 1:30 PM    **Register/cancel by:** Mar 23

## Real Pirates at the Science Museum Tuesday, April 17

Join us as we discover the perils and privileges of 18th century Pirate life. See the film "Under the Sea" at the Omnitheater before viewing the Real Pirates exhibit. Lunch (on your own) at the Café.

**Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Refunds allowed up to deadline date and are subject to a \$5 service fee.**

*\*Special Destination bus fare applies.*  
**Fee:** \$26 (omni, museum, exhibit, escort)  
**Bus Leaves:** 9:30 AM - GV City Hall  
**Bus Returns:** 3:45 PM    **Register/cancel by:** April 2





## Diana, A Celebration at Mall of America

**Thursday, May 17**

Take 5 Cities to view Diana, A Celebration, an award-winning exhibition that chronicles the life and work of Diana, Princess of Wales. On loan from Althorp Estate, the Spencer family's 500-year-old ancestral home in England, the exhibition contains 150 objects, ranging from Princess Diana's royal wedding gown and 28 of her designer dresses to family heirlooms, personal mementoes, paintings and rare home movies and photos. Times are tentative and will be confirmed in April. Exhibit tickets are based on availability.

*\*Special Destination bus fare applies.*

**Fee:** \$20 (admission to exhibit & purchase on your own at MOA)

**Bus Leaves:** 11:00 AM - GV City Hall **Register/cancel by:** May 10

**Bus Returns:** 3:45 PM

## Minneapolis Pops Concert **Thursday, July 26**

Concert held indoors at the Nicollet Island Pavilion, by St. Anthony Falls. The building is air-conditioned and wheelchair accessible. After the FREE concert, stop at Kieran's Irish Pub for lunch, ordered off the menu (cost on your own).

*\*Special Destination bus fare applies.*

**Bus Leaves:** 9:30 AM - GV City Hall

**Register/cancel by:** July 12

**Bus Returns:** 1:45 PM

## Lyndale Park Rose Garden & Trolley

**Wednesday, June 27**

Start with lunch at Burger Jones (cost on own). Then off to tour of the Lyndale Park Rose Garden, the second oldest public rose garden in the United States. The 1.5 acre garden showcases 3,000 plants in 100 different varieties. After the tour, we will take a 15-minute ride on the Como-Harriet Streetcar Line.

*Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Refunds allowed up to deadline date and are subject to a \$5 service fee.*

*\*Special Destination bus fare applies.*

**Fee:** \$8 (tour, trolley ride, escort)

**Bus Leaves:** 10:35 AM - GV City Hall

**Bus Returns:** 2:30 PM

**Register/cancel by:** June 18



## Minnesota Courthouses

**Tuesday, May 8**

Doug Ohman, popular speaker, storyteller, photographer and well known for the Minnesota Byways series, shows gorgeous visuals of Minnesota's elegant courthouses—some of the finest public buildings in the North Star State. Following the program, don't miss the opportunity to view a rare original printed U.S. Constitution from 1787 displayed alongside a 1789 draft of the U. S. Bill of Rights and original copies of the two Minnesota state constitutions. Enjoy lunch at Cafe Minnesota (on your own).

*\*Special Destination bus fare applies.*

**Fee:** \$9 (optional admission to museum)

**Bus Leaves:** 9:35 AM - GV City Hall

**Bus Returns:** 2:30 PM

**Register/cancel by:** May 1

## Woody Guthrie Reflected

**Tuesday, July 10**

Minnesota folkies Pop Wagner, Charlie Maguire and bluesman Tony Glover present a 100th birthday musical tribute to Woody Guthrie inspired by the vibrant paintings in the Smithsonian American Art Museum's "1934: A New Deal for Artists" currently on display at the History Center. In the mid-1930s the New Deal increasingly focused on the common people—the Americans with whom Guthrie most identified and through his music he became a spokesman for the oppressed and victims of the Great Depression. Enjoy lunch at Cafe Minnesota (on your own).

*\*Special Destination bus fare applies.*

**Fee:** \$9 (optional admission to museum)

**Bus Leaves:** 9:35 AM - GV City Hall

**Bus Returns:** 2:30 PM

**Register/cancel by:** June 29

## Seniors In Mind AT THE Minnesota History Center



# SENIOR COMMUNITY INFORMATION

## **Five Cities Transportation**     **763-531-1259**

Provides rides from your home or apartment to grocery stores, Target, Wal-Mart, Brunch Bunch, and senior events. To get started, call the 5 Cities office. A bi-monthly schedule will be mailed to you. Find your day and trip on the schedule and make a reservation, at least 24 hours in advance. On trip day, be ready for the bus at the scheduled time. If you want assistance boarding or exiting the bus or need to use the lift, please ask the driver to help you. The vehicles are lift equipped for persons in wheelchairs or those who have difficulty negotiating steps. For more information, call the Five Cities office at 763-531-1259, Mon-Fri from 8:30 AM-3:00 PM.

**FARE:** The suggested fare is \$4 cash or one punch from the pass card (\$3.50) except for Special Destination trips. Fare for Special Destination trips is \$7 cash or two punches from the pass card. Passes may be purchased from the driver for \$14/4 ride card or \$28/8 ride card with cash or a check made payable to "Five Cities Transportation."

## **PRISM Express**     **763-529-1252**

Is a curb-to-curb transportation service provided to residents of Golden Valley for medical appointments, personal shopping, banking, nursing home visits, etc. within PRISM's service area. A donation of \$6 per round trip is suggested. Call PRISM for information or to schedule a ride at least three working days in advance. Office is open Mon-Thu from 9:00 AM-3:00 PM.

## **Senior Dining**     **612-269-8462**

Provides a delicious noon meal at Calvary Church, 7520 Golden Valley Road, in the lower level (north entrance). A donation of \$3.50 is requested, but no one will be denied a meal. Take out meals are also available. Call from 8:30-11:30 AM for reservations and questions. Menus are available in the kitchen.

## **Widowed Support Group**

Meets every Saturday at the New Hope Country Kitchen, 42nd & Winnetka, at 2:00 PM and the first Thursday of the month at Evans Nordby Funeral Home on 60th and Brooklyn Boulevard at 1:30 PM. New people are always welcome!

## **Senior Community Services Outreach Program**     **952-746-4028**

Senior Outreach helps seniors and their families connect with community resources to enable seniors to live as independently as possible. The outreach coordinator provides information and guides seniors as they make decisions on in-home services, housing options, financial assistance and caregiving. Practical and emotional concerns are addressed as well. Call for information or to make an in-home appointment.

## **Fare for All**     **763-450-3880**

Stretch your monthly food budget with Fare For All, a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$10-\$17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

## **H.O.M.E. Chore Service**     **952-746-4046**

Household chore and maintenance services are provided for residents age 60+. The program matches skilled workers with those who need help with yard clean-up, cleaning windows, house cleaning and minor home repairs. Service costs are based on monthly income using a sliding contribution scale. Call for more information or to put in a request for assistance.

## **Dinner at Your Door**     **763-531-1183**

Friendly volunteer drivers deliver delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne from 8:30-11:30 AM for more information and a menu.

## **Ballroom Dancing**

Join the crowd that loves to ballroom dance to Dick Macko's Band. It's a great way to fight the winter blahs. Everyone is welcome. No partner necessary. Meets at Lenox Community Center Gym (6715 Minnetonka Blvd, St. Louis Park) on Thursdays (continuous) from 1:00-3:30 PM. \$7/person at the door and includes refreshments.





HOST YOUR NEXT SPECIAL GATHERING AT

# **BROOKVIEW**

*Community Center*

Nestled in the tranquil setting of Brookview Golf Course, the Brookview Community Center offers space year-round for gatherings of up to 200 people for:

- *Birthday Parties*
- *Weddings and Receptions*
- *Graduations*
- *Retirement Parties*
- *Religious Celebrations*
- *and many other celebrations!*

Facilities include a large banquet room with neutral décor and windows overlooking the golf course, caterer's kitchen, and a patio, deck and gazebo that provide expansive golf course views.

Contact us today to make Brookview the venue for your next special gathering!

CONTACT BROOKVIEW TODAY  
OR VISIT OUR WEBSITE FOR A  
COMPLETE RENTAL PACKET.

763-512-2345

[www.goldenvalleymn.gov](http://www.goldenvalleymn.gov)

## FREQUENTLY ASKED QUESTIONS...

### • What time does Brookview Community Center close?

Sunday thru Thursday, the facility closes no later than 10:30 PM Friday and Saturday the facility closes no later than 12:30 AM.

### • Can I bring in my own homemade food?

No. You must hire a licensed caterer or food establishment to provide your food. We do require that you submit a copy of your caterer's license 90-days prior to your event.

### • Can I bring in my own alcoholic beverages?

No. All alcohol must be provided by our exclusive beverage provider, Complete Beverage. You may contact them for pricing at 1-800-550-7750. However, you may provide your own non-alcoholic beverages.

### • Do I need security if I serve alcohol at my event?

Yes. If you are scheduled to be in our facility past 10:30 PM and you have been serving alcohol at any time during your event, you are required to have security. Security arrives at 10:30 PM and stays until the end of your contracted time. There is a \$120 fee and Brookview staff makes the arrangements.







YOUR FRIENDLY, FULL-SERVICE,  
NEIGHBORHOOD GOLF COURSE

## Phone Numbers

Regulation Course	763-512-2330
Par 3 Course	763-512-2333
Driving Range	763-512-2323

Brookview Golf Course offers an 18-Hole Regulation Course, a 9-Hole Par 3 Course, a driving range and teaching area, and a golf shop and grill. Brookview's Regulation Course is a challenging, mature course with tree lined fairways and an abundance of water hazards. Bassett Creek flows through the course, crossing five holes.

## 2012 Patron Program

Purchase a patron card from Brookview Golf Course for 2012 and save on golf all year! Patron card applications can be picked up at Brookview Golf Course or found online at [brookviewgolf.com](http://brookviewgolf.com), starting February 1st. Patron card holder benefits include:

- Discounted green fees & cart rentals.
- Advance reservation privileges.
- Driving Range Discount
- Merchandise Discount
- Coupons
- Reciprocity with Braemar Golf Course and Baker National Golf Course.

## 2012 Patron Card Fees

Card Type	Before 4/1/12	After 4/1/12
Resident Patron	\$70	\$75
Non-Resident Patron	\$110	\$115
Resident Senior (62+)	\$40	\$45
Non-Res Senior (62+)	\$75	\$80
Resident Junior (<18)	\$30	\$35
Non-Res Junior (<18)	\$35	\$40
Par 3 Patron	\$25	\$25

## Regulation Course Fees

	Patron	Non-Patron
18-Hole Course	\$28	\$35
9-Hole Course	\$16	\$19
Power Cart - 18-Hole	\$24	\$30
Power Cart - 9-Hole	\$16	\$20
Twilight (After 3:30 PM Friday, Saturday, Sunday & Holidays)	\$16	\$20
Twilight with Power Cart	\$24	\$30

*Number of days reservation may be made in advance:*

4 Patron Card Holders	7 days
1-3 Patron Card holders	6 days
General Public	5 days

## Par 3 Course Fees

	Patron	Non-Patron
9-Hole Course	\$9	\$12.50

## Driving Range

*The Driving Range allows irons only.*

Large Bucket	\$7
Large Patron Bucket	\$5
Small Bucket	\$5
Warm-up Bucket	\$3
10 Bucket Pass	\$57

## Junior Rates (ages 6-17)

	Patron	Non-Patron
18-Hole	\$20.50	\$22.50
9-Hole	\$11.50	\$13.50
9-Hole Par 3	\$8	\$9.50

## 62+ Senior Golf Program

*All seniors may play the regulation or Par 3 course for a reduced green fee at designated times. Reservations must be made and tee times are based on availability. Not valid on holidays, special events or league play.*

Monday-Friday before 12:00 PM	Patron	Non-Patron
18-Hole Senior	\$24	\$28
9-Hole Senior	\$14.50	\$16
Valid anytime, 7 days a week		
9-Hole Par 3 Senior	\$8	\$9.50





## GOLF TOURNAMENTS

We invite groups of all sizes for tournaments on the 18-Hole Regulation Course or the 9-Hole Par 3. Whether it's a formal tournament or a casual outing, we will help make your event a success. Brookview's banquet area, deck, gazebo, and patio provide a great setting for food and fun before or after golf. Call 763-512-2305 to plan your outing today!

	Package	
	A	B
18-Hole Green Fee	\$35	\$40
18-Hole Green Fee & Power Cart	\$50	\$55
9-Hole Green Fee	\$19	\$24
9-Hole Green Fee & Power Cart	\$29	\$34
Par 3 Green Fee	\$12.50	\$17.50

### Package B Details

The group will receive 10% off Golf Shop merchandise, one beverage (non-alcoholic), a Driving Range warm-up bucket, sleeve of golf balls, and package of tees, divot repair tool, and ball marker. Discount, beverage, and bucket valid on date of outing only.



## GOLF ASSOCIATIONS & LEAGUES

### Brookview Men's Golf Association

Past members and interested guests are invited to attend this year's spring meeting. The meeting agenda includes events for the 2012 season with free refreshments being served. All BMGA members must purchase a patron card and handicap. Membership deadline is April 1, 2012. For information, call Howard Hoffman at 612-816-5299 or visit us on the web at [www.bmga.org](http://www.bmga.org).

#### **Annual Spring Meeting**

Wednesday, March 14 • 6:30 PM • Brookview Community Center

### Brookview Women's Golf Association

#### **18 Hole League**

Opening day is May 1, 2012. The league which plays on Tuesday mornings from 7:00-9:00 AM has openings. If you have a handicap of 45 or less or average scores of 125 or less and want to join, call Mickie Weaver at 763-464-6261 or [mweaver211@comcast.net](mailto:mweaver211@comcast.net).

#### **Membership Meeting**

Tuesday, April 17 • 7:00 PM • Brookview Community Center

#### **9 Hole League**

Opening day will be May 3, 2012. The league plays on Thursday mornings and there are openings for new members. A score on a regulation course is required and it must be less than 75 or a USGA handicap of 38 or less. Pick up an application at the Brookview Golf Course Clubhouse after March 5, 2012. Contact Nancy Spannaus at 612-926-9763 if interested.

#### **Membership Meeting**

Thursday, April 12 • 10:00 AM • Brookview Golf Course Grill

### 62+ Senior Patron 18-Hole Golf League

This league plays on Tuesday mornings starting May 1. Tee times range from 9:03-9:57 AM. Registration deadline to join the league is Tuesday, April 24. Bring registration forms and fees to Brookview by April 24. For more information, please call Brookview at 763-512-2305.

### Couples Golf League

The Brookview couples league plays Sunday nights starting at 5:00 PM on the Regulation Course. You must sign up as a two-some. For more information, please contact Brookview at 763-512-2305.

### Par 3 Putters Women's Golf League

The Par 3 Putters is a golf league for women who play 9-holes on the Brookview Par 3 course on Thursday afternoons. It's a fun time and perfect for working women after a day at the office. Tee times are from 4:00-6:32 PM and the league can accommodate up to 80 players. Priority is given to last years members. If you are interested, please call Brookview at 763-512-2305.

### Par 3 Chippers Golf League

The Par 3 Chippers will play on Wednesday nights from 5:28-6:32 PM. This league can hold up to 36 players, with priority given to the 2011 Par 3 Chippers league members. For more information on this league, please contact Brookview at 763-512-2305.





# ADULT GROUP GOLF LESSONS

## 101-The Basics with Michael

These group lessons are for the beginner adult golfer. Lessons will cover an overview of the game of golf, including rules and etiquette, putting, chipping and pitching, and full swing irons and woods. Class meets for four 60-minute lessons, plus a fifth class at the Par 3 to provide real golf course experience. Golf clubs and balls are provided.

**Classes will take place as follows:**

- Day 1** The Grip, Short Game (Putting)
- Day 2** The Grip, Posture, Short Game (Chipping) – rhythm & balance
- Day 3** The Grip, Posture, Pitching & Full Swing Irons – feeling rhythm & balance
- Day 4** The Grip, Posture, Full Swing Woods – feeling rhythm & balance
- Day 5** Playing the Par-3 Course – rules & etiquette

**Site:** Brookview Lesson Tee **Fee:** \$99 **Min:** 6 **Max:** 10

Day	Date	Time	Code
Mon/Wed	April 30-May 14	5:45-6:45 PM*	11345
		7:00-8:00 PM	11348
Mon/Wed	May 21-June 6 (No May 28)	5:45-6:45 PM*	11346
		7:00-8:00 PM	11349
Mon/Wed	July 9-23	5:45-6:45 PM*	11347

\*NOTE: Day 5 of the 5:45 PM class will take place at 7:00 PM on the Par 3.

## 201-Play Golf with the Pro with Michael

This class is perfect for the beginning adult golfers with some prior golf instruction. You start with a 60-minute instructional session at the Lesson Tee, followed by two 90-minute sessions at the Par 3 Course. These on the course lessons offer a practical, easy way to learn basic golf rules and etiquette. Golf clubs and balls are provided.

**Classes will take place as follows:**

- Day 1** The Grip, The Full Swing Motion, rhythm & balance
- Day 2** Play the Par-3 Course with Michael, learn new shots, distances, rules & etiquette
- Day 3** Play the Par-3 Course with Michael, bunker shots, uneven lies, rules & etiquette

**Site:** Brookview Lesson Tee **Fee:** \$99 **Min:** 3 **Max:** 6

Day	Date	Date	Time	Code
Mon/Wed	June 11, 13, 18	11	7:30-8:30 PM	11350
		13, 18	7:30-9:00 PM	
Tue/Thu	June 12, 14, 19	12	7:30-8:30 PM	11352
		14, 19	7:30-9:00 PM	
Mon/Wed	July 9, 11, 16	9	7:30-8:30 PM	11351
		11, 16	7:30-9:00 PM	
Tue/Thu	July 10, 12, 17	10	7:30-8:30 PM	11353
		12, 17	7:30-9:00 PM	

Registration for adult group golf lessons will be taken through the Brookview Pro Shop. You may register in person, over the phone at 763-512-2305, online at [brookviewgolf.com](http://brookviewgolf.com) or by mail.

## Adult Golf Clinics with Michael

Join Michael to learn new and interesting things about golf! A wide variety of golf topics are offered. See descriptions and dates listed below, then decide which one best fits you and your schedule.

**Site:** Brookview Lesson Tee  
**Fee:** \$25/Clinic **Min:** 6 **Max:** 10

### Mindful Golf Woods Clinic

Trying too hard? It doesn't have to be that way. This clinic presents a relaxed way for beginners and intermediates to learn more about their golf swing and how to improve their woods. Discover your sources of power and consistency with both your driver and fairway woods.

Day	Date	Time	Code
Sat	April 28	10:00-11:00 AM	11354
Sat	June 2	10:00-11:00 AM	11355

### Mindful Golf Pitching Clinic

Partial Swings can be golf's most difficult shots. They also are important scoring shots. Students will learn to use clubs from different lies and learn different types of shots to improve their score.

Day	Date	Time	Code
Sat	May 5	10:00-11:00 AM	11356

### Mindful Golf Short Game Clinic

Students will learn short game fundamentals and techniques. The ability to use a variety of clubs will add creativity to your game and lower your score.

Day	Date	Time	Code
Sat	May 12	11:00 AM-12:00 PM	11357

**Michael Turnbull** has been teaching golf since 1977 and this is his eighth year at Brookview. A three-time winner of the Minnesota PGA Junior Golf Leader award, he also served as the PGA Head Professional at Balboa Park GC in San Diego and at Baker National GC in Medina, Minnesota. Michael emphasizes learning by doing, rather than thinking about doing. You will learn from each and every shot you hit. You won't have to memorize a series of movements, remember a lot of instructions, or try really hard to do anything "right". Students will be able to feel the difference between swings that work and swings that don't. Isn't it time that golf felt natural?





## 101-The Basics *with Dee*

If you have ever thought about picking up a golf club, either for the first time or returning once again, now is the time! The Get Golf Ready Program is designed to teach you in five short lessons everything you'll need to know to step onto a golf course to get out and play with confidence. Get Golf Ready will be guided by trained PGA Professionals who will make sure you have fun each step of the way. Golf clubs and balls are provided.

Classes will take place as follows:

### Day 1 *Awakening the Golfer in You*

Get a historical overview of the game, plus how-to's including appropriate attire and etiquette. Learn the purpose of each club, and receive an introduction to basic fundamentals including grip, alignment, posture, putting, and distance control.

### Day 2 *Hit it Close*

An introduction to the short game features chipping, pitching, and green-side bunker play. Plus, learn about the different areas of the golf course, including fairways, rough, greens, fescue grasses, hazards, and out-of-bound areas.

### Day 3 *The Turn*

Learn the importance of physical fitness and golf course care, including filling divots and fixing pitch-marks. Get an intro to the full swing with an iron as well.

### Day 4 *Driving School*

An introduction to drivers, fairways, and hybrids.

### Day 5 *Take your swing to the course*

Learn how to put it all together, play, and keep score! The final test is playing a few holes on the par 3 course.

Site: Brookview Lesson Tee    Fee: \$99    Min: 6 Max: 10

Day	Date	Time	Code
Sat	May 5-June 9 (No May 26)	8:30-9:30 AM	11328
Sat	June 16-July 21 (No July 7)	8:30-9:30 AM	11329

## Ladies Golf Clinics *with Dee*

These clinics are open to women ages 16+, with all types of golf experience. It is a great way to get the girls together and improve your golf skills. Come learn to play golf in a no pressure atmosphere where you will feel at ease in improving your game. Golf clubs and balls are provided.

Site: Brookview Lesson Tee

Time: 9:45-10:45 AM    Fee: \$25/clinic    Min: 5 Max: 12

## Family Golf Clinics *with Dee*

### *Ages 6 and up*

Are you looking for an activity that the whole family, including the kids, can enjoy together? Take a family golf clinic, and you'll quickly realize what a fun and memorable family experience golf can be. Golf clubs and balls are provided.

Site: Brookview Lesson Tee

Time: 9:45-10:45 AM

Fee: \$25/clinic

Min: 5 Max: 12



Date	Clinic	Code
Sat, May 12	Awakening the golfer in you	11334
Sat, June 9	Hit it Close	11335
Sat, June 23	The Turn	11336
Sat, July 14	Driving School	11337

## Dee Forsberg McCullagh

As the recipient of the 2009 Minnesota Section PGA Teacher of the year, Dee is looking forward to her second year at Brookview Golf Course. With 20 years of experience teaching golfers of all abilities she is confident she can help you hit it straighter and farther on the golf course. Dee uses high speed video in her lessons to both assess your golf swing and provide you with the proper visual images that are necessary for improvement. In addition to teaching golf, Dee covers the local golf scene, golf travel, and provides tips to help your game in her blog Tee It Up!, published weekly for Twin Cities Business Magazine in the Living Well Section. A former Gopher, Dee played both collegiate and professional golf before joining the PGA of America. Highlights of her competitive days include 2 State Championship titles, 2 collegiate medalist honors, and a professional career that included play on the European Women's Tour.

Date	Clinic	Code
Sat, May 19	Putting Made Simple	11330
Sat, June 16	Making the Sand a Day at the Beach	11331
Sat, June 30	Keys to Consistency	11332
Sat, July 21	Getting to the Green in Fewer Strokes	11333







# ADULT GROUP GOLF LESSONS

## 101-The Basics with Matt

A class for true beginners or golfers that have been away from the game for a long time. All golf basics and fundamentals covered from putting to short swings to full swings. Class meets for five 60-minute lessons. Golf clubs and balls are provided.

Classes will take place as follows:

**Day 1** Just like when you were in grade school, the first day is always the easiest – and the most important. During this first lesson, you'll not only get a historical overview of the sport, but also introduced to the fundamentals, including everything from how to dress and act on the golf course to the purpose of each club and even get on the golf course to hit a few putts.

**Day 2** You've taken your first steps on the course and to becoming a golfer! During the second lesson, you'll learn the art of chipping, pitching and hitting out of green-side bunkers, as you learn your way around the course, being out there for the second time.

**Day 3** During a round of golf, when you've reached the halfway mark, it's called "the turn". During Get Golf Ready, the turn means you're halfway to becoming a golfer. On day three, you'll be introduced to the fairway and how to use your irons, in addition to important lessons like stretching, making and repairing divots.

**Day 4** By this point, you should be familiar with the putting green, the fairway, bunkers and even the rough. Now it's time to step into the tee box and take a swing. On the fourth day, you'll learn everything you'll need to know about teeing off, including which of your metalwoods to use and choosing between the different tee markers.

**Day 5** Over the course of the first four sessions, you've learned the what, when, where, why and how. Now it's time to do. On the final day, you'll finish up by learning how to play, keep score and some basic rules like water hazards, out of bounds and lost balls.

**Site:** Brookview Lesson Tee    **Fee:** \$99  
**Min:** 6    **Max:** 10

Day	Date	Time	Code
Tue/Thu	May 1-15	5:15-6:15 PM	11338
Tue/Thu	May 22-June 5	5:15-6:15 PM	11339
Tue/Thu	June 12-26	5:15-6:15 PM	11340
Tue/Thu	July 10-24	5:15-6:15 PM	11341

**Matt Just** has proudly worked in the golf industry, crossing all parts of the United States, for over 10 years. Starting as an assistant golf professional at the TPC of Scottsdale in Arizona in 2000, Just assisted with over 40 adult and junior golf clinics with the Nicklaus/Flick golf schools. Before leaving Arizona, he also helped the First Tee of Phoenix develop itself from attracting three junior golfers to over 1000 students. In 2005, Just was recruited to teach with ESPN Golf Schools. In 2008, he also became the Head PGA Professional for the Life Time Golf Club in St. Louis Park, an indoor facility for Life Time Fitness. Just will be entering his third season as a teaching professional for Brookview Golf Course. He is quickly gaining the reputation as an up-and-coming top teaching professional in the Twin Cities.

## 201-Breaking 100 with Matt

Double bogie blues? Already have the basics and need to take your game to the next level? This class is great for those who are looking to improve their game or getting back into the game. Take your golf skills and learn how to master the techniques of golf. Golf clubs and balls are provided.

Classes will take place as follows:

**Day 1** Going back to school can be hard, but it's never too late to learn. During this first lesson, you'll get a refresher course on golf, taken back to the fundamentals, including golf course etiquette to how you have been using each club and getting back on the green.

**Day 2** You've taken your first steps to becoming a golfer! During the second lesson, you'll learn the art of chipping, pitching and hitting out of green-side bunkers, as you learn your way around the course. These tough shots are what can take those extra shots off your game.

**Day 3** You're now half way to Breaking 100. On day three, you'll be introduced to the fairway and how to use your irons, in addition to important lessons like stretching, making and repairing divots.

**Day 4** You are now familiar with the putting green, the fairway, bunkers and even the rough. Now it's time to step into the tee box and take a swing. On the fourth day, you'll pull out your driver and refresh your swing.

**Day 5** Over the course of the first four sessions, you've learned the what, when, where, why and how. Now it's time to put your lessons to the test and take your new skills to the course. You'll play the Par 3 course and learn how to become a Par golfer!

**Site:** Brookview Lesson Tee    **Fee:** \$99    **Min:** 6    **Max:** 10

Day	Date	Time	Code
Tue/Thu	May 22-June 5	6:30-7:30 PM	11342
Tue/Thu	June 12-26	6:30-7:30 PM	11343
Tue/Thu	July 10-24	6:30-7:30 PM	11344





# JUNIOR GOLF LESSONS & LEAGUES

## Junior Golf Lessons with Dee

*Ages 6-17*

At the Brookview Junior Golf Academy we will focus on the skills and fundamentals required for youth to be great golfers! Each camp session will cover everything from putting and chipping to driving and playing lessons on the golf course. Youth will take part in a "warm-up" exercise session at the beginning of the class followed by numerous golf skills exercises to improve weight-shift, alignment, posture, and swing. Each day we will focus on a different area of the game. Golf clubs and balls are provided. All classes will be taught by PGA Professional Dee Forsberg. With over 25 years of experience teaching juniors you will be amazed at how fast your child will pick up the game!

Classes will take place as follows:

### Day 1 *On the Green*

Get a historical overview of the game, plus how-to's including appropriate attire and etiquette. Learn the purpose of each club, and receive an introduction to basic fundamentals including grip, alignment, posture, putting, and distance control.

### Day 2 *Hit it Close*

An introduction to the short game features chipping, pitching, and green-side bunker play. Plus, learn about the different areas of the golf course, including fairways, rough, greens, fescue grasses, hazards, and out-of-bound areas.

### Day 3 *The Turn and Driving School*

Learn the importance of physical fitness and golf course care, including filling divots and fixing pitch-marks. Get an intro to the full swing with an iron as well. For the second hour juniors will get an introduction to drivers, fairways, and hybrids.

### Day 4 *Take your swing to the course*

Learn how to put it all together, play, and keep score! The final test is playing a few holes on the par 3 course.

**Site:** Brookview Lesson Tee

**Fee:** \$199      **Min:** 6    **Max:** 14

Day	Date	Time	Code
Mon-Thu	June 11-14	8:00-10:00 AM	11319
		11:00 AM-1:00 PM	11320
Mon-Thu	June 18-21	8:00-10:00 AM	11321
		11:00 AM-1:00 PM	11322
Mon-Thu	July 9-12	8:00-10:00 AM	11323
		11:00 AM-1:00 PM	11324

## JUNIOR GOLF LEAGUES

*Ages 6-17*

The Junior Golf League plays on Monday mornings and begins June 18 with a year-end tournament on July 23. League fees include tee prize, weekly golf events, prizes, club championship, and refreshments. All weekly green fees are included in the registration fee. It is important that each participant registers for their specific age group. Please call 763-512-2305 for more information.

**TEE TIMES:** To sign up for you tee time for the first week of play, call 763-512-2330 or stop in the Golf Shop starting Monday, June 11, at 8:00 AM. Each week you will sign up for the following week's tee time. On the first day of league play, please arrive for your tee time at least 15 minutes early.

### PAR 3 LEAGUE *Ages 6-17*

Youth who score more than 42 are required to play on the Par 3 course. Maximum of 150.

Day	Date	Tee Times Begin	Fee	Code
Mon	June 18-July 23	6:30 AM	\$75	11325

### REGULATION 9-HOLE LEAGUE *Ages 13-17*

Youth who score less than 42 on the Par 3 course may play 9-holes off the back 9. Maximum of 44.

Day	Date	Tee Times Begin	Fee	Code
Mon	June 18-July 23	6:30 AM	\$95	11326

### REGULATION 18-HOLE LEAGUE *Ages 15-17*

Youth who score less than 42 on the Par 3 course may play 18-holes. Maximum of 44.

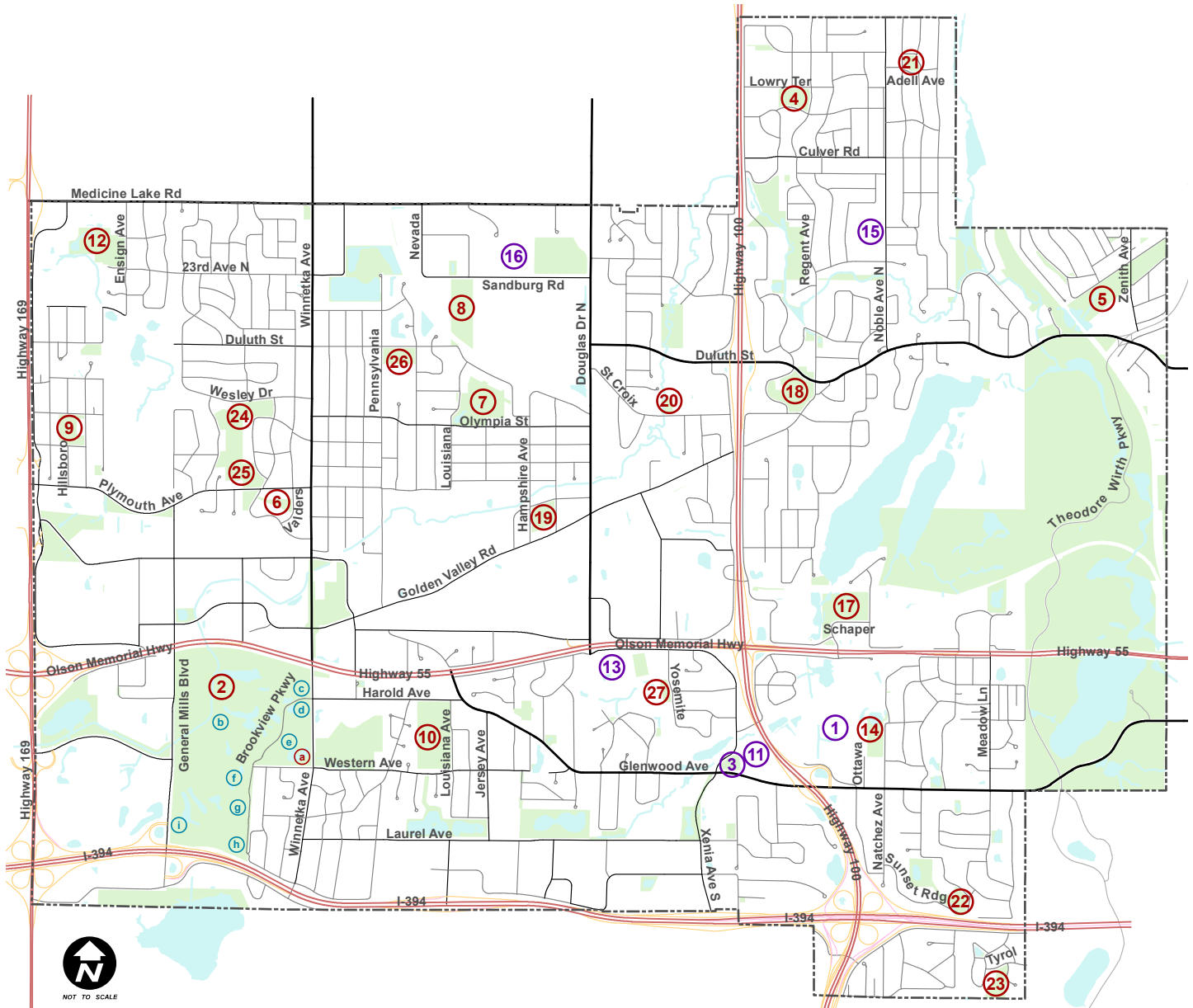
Day	Date	Tee Times Begin	Fee	Code
Mon	June 18-July 23	6:30 AM	\$120	11327





- 1) Breck School.....123 Ottawa Ave N
- 2) Brookview.....200 Brookview Pkwy N
  - a. Park
  - b. Golf Course
  - c. Tennis Courts
  - d. Small Shelter
  - e. Large Shelter
  - f. Par 3
  - g. Golf Course Pro-Shop & Community Center
  - h. Driving Range
  - i. Lesson Tee
- 3) Davis Community Center.....5430 Glenwood Ave
- 4) Gearty.....3101 Regent Ave N
- 5) Glenview Terrace.....2351 Zenith Ave N
- 6) Golden Oaks.....1141 Valders Ave N
- 7) Hampshire.....1610 Louisiana Ave N
- 8) Honeywell Ball Fields.....7101 Sandburg Rd
- 9) Lakeview.....1521 Hillsboro Ave N

- 10) Lions.....151 Louisiana Ave N
- 11) Meadowbrook School.....5430 Glenwood Ave
- 12) Medley.....2331 Ensign Ave N
- 13) Minnesota Arts School.....6125 Olson Mem Hwy
- 14) Natchez.....201 Natchez Ave
- 15) Noble School.....2601 Noble Ave N
- 16) Sandburg Middle School.....2400 Sandburg Ln
- 17) Schaper.....631 Ottawa Ave N
- 18) Scheid.....1856 Toledo Ave N
- 19) Seeman.....1101 Florida Ave N
- 20) St. Croix.....5850 St Croix Ave N
- 21) Stockman.....3300 Major Ave N
- 22) Tyrol - North.....900 Westwood Dr S
- 23) Tyrol - South.....1510 Kaltern Ln
- 24) Wesley - North.....8305 Wesley Dr
- 25) Wesley - South.....8200 Plymouth Ave
- 26) Wildwood Park.....7401 Duluth St
- 27) Yosemite.....351 Yosemite Ave







## Community Parks

<u>Brookview - 200 Brookview Pkwy N</u>	<u>Girl Scout Troop 13342</u>
<u>Gearty - 3101 Regent Ave N</u>	<u>Herb Purdy</u>
<u>Hampshire - 1610 Louisiana Ave N</u>	<u>Brian Middleton</u>
<u>Lakeview - 1521 Hillsboro Ave N</u>	<u>Krouss Family</u>
<u>Lions - 151 Louisiana Ave N</u>	<u>Kueny &amp; Kippenberg Family</u>
<u>Medley - 2331 Ensign Ave N</u>	<u>Golden Valley Federated Women's Club</u>
<u>Schaper - 631 Ottawa Ave N</u>	<u>Golden Valley Police Reserves</u>
<u>Scheid - 1856 Toledo Ave N</u>	<u>WSB &amp; Associates</u>
<u>Wesley (north) - 8305 Wesley Dr</u>	<u>Moore/Gasparini Families</u>
<u>Wesley (south) - 8200 Plymouth Ave</u>	<u>Jack Stratton</u>

## Neighborhood Parks

<u>Glenview - 2351 Zenith Ave N</u>	<u>Elephant Park Book Group</u>
<u>Golden Oaks - 1141 Valders Ave N</u>	<u>Kim Stroup</u>
<u>Natchez - 201 Natchez Ave N</u>	<u>Hanscom &amp; Dritsas Families</u>
<u>North Tyrol - 900 Westwood Dr S</u>	<u>Marcie Schlaeger</u>
<u>Seeman - 1101 Florida Ave N</u>	<u>Northwest Suburban Optimist Club</u>
<u>South Tyrol - 1510 Kaltern Ln</u>	<u>Allianz</u>
<u>St. Croix - 5850 St. Croix Ave N</u>	<u>Covenant Village</u>
<u>Stockman - 3300 Major Ave N</u>	<u>WSB &amp; Associates</u>
<u>Sweeney Lake</u>	<u>Hidden Lakes Association</u>
<u>Wildwood - 7401 Duluth St</u>	<u>Robertson Family</u>
<u>Yosemite - 351 Yosemite Ave N</u>	<u>Geving &amp; Palkert Families</u>

## Nature Areas

<u>Adeline 910 Adeline Ln</u>	<u>Mike McHugh - State Farm Insurance</u>
<u>Bassett Creek (N of Duluth) - 2130 Zane Ave N</u>	<u>AVAILABLE</u>
<u>Bassett Creek (S of Duluth)</u>	<u>Covenant Village</u>
<u>Bassett Creek (west of Wisconsin)</u>	<u>ATS&amp;R Architects &amp; Engineers</u>
<u>Briarwood - 2600 Unity Ave</u>	<u>Girl Scout Troops 2316 &amp; 1670</u>
<u>General Mills - 9201 Olson Memorial Hwy</u>	<u>GMI Grounds Crew</u>
<u>General Mills Research Nature Area</u>	<u>The Gannon's</u>
<u>Laurel Ave (east of Florida)</u>	<u>Golden Valley Lutheran Church</u>
<u>Laurel Ave (west of Florida to Jersey)</u>	<u>AVAILABLE</u>
<u>Laurel Ave (west of Jersey to Pennsylvania)</u>	<u>Jerry &amp; Joan Monson</u>
<u>Mary Hills - 2190 Bonnie Ln</u>	<u>John &amp; Pam Goranson &amp; Barb Osborne</u>
<u>Pennsylvania Woods - 2301 Rhode Island Ave N</u>	<u>John &amp; Pam Goranson</u>
<u>Rice Lake - 4120 Bassett Creek Dr</u>	<u>Tremere Family</u>
<u>Western Ave - 7600 Western Ave</u>	<u>Ilo &amp; Peggy Leppik</u>

## Special Use Facilities

Brookview Golf Course 200 Brookview Parkway S  
Honeywell Little League Area 7101 Sandburg Rd

Thank you to all the volunteers that help keep our parks and nature areas beautiful.

## Golden Valley City Council

*Council meets the 1st and 3rd Tuesday of each month at 6:30 PM at the Golden Valley Civic Center.*

**Mayor:** Shep Harris

**City Manager:** Tom Burt

**Council Members:**

Joanie Clausen, Mike Freiberg,  
Paula Pentel and DeDe Scanlon.

## Open Space & Recreation Commission

*Commission meets the 4th Monday of each month at 7:00 PM at Brookview Community Center.*

**Chair:** Jerry Sandler

**Vice-Chair:** Bob Mattison

**Members:** Roger Bergman,  
John Cornelius, Brad Kadue,  
Kelly Kuebelbeck, Emily Piper,  
Anne Saffert and Daniel Steinberg

## Park & Recreation Staff

**Rick Jacobson**  
*Director of Parks & Recreation*

**Brian Erickson**  
*Recreation Supervisor*

**Andy Soltvedt**  
*Recreation Supervisor*

**Jeanne Fackler**  
*Senior Citizens Coordinator*

**Sheila Van Sloun**  
*Administrative Assistant*

**Sandy Werts**  
*Volunteer Coordinator*

**Kris Wiinikainen**  
*Receptionist*

**Bert Tracy**  
*Public Works Maintenance Manager*

**Al Lundstrom**  
*Park Maintenance Supervisor*

## Brookview Golf Staff

**Ben Disch**  
*Golf Operations Manager*

**Kim Truckenmiller**  
*Assistant Golf Manager*

**Brett Johnson**  
*Administrative Assistant*

**Greg Spencer**  
*Greens Superintendent*

**PARKS & RECREATION DEPARTMENT**

200 Brookview Parkway, Golden Valley, Minnesota 55426

Phone: 763-512-2345 Fax: 763-512-2344 TTY: 763-593-3968

www.goldenvalleymn.gov

**ACTIVITY REGISTRATION FORM**

If Participant(s) are under 18,

Parent/Guardian First &amp; Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Name &amp; Phone (if different from above): \_\_\_\_\_

Special Needs, Disabilities, or Allergies we should be aware of: \_\_\_\_\_

**ACTIVITY REGISTRATION**

Participant's First & Last Name	M/F	D.O.B	Grade	Activity Name	Activity Code	Date(s)	Time	Site	FEE

**55+ SENIOR TRIP REGISTRATION**

Participant's First & Last Name	Trip Name	Trip Code	Pick-up Site	Special Requests	Travel Companion/ Roommate Name	FEE

**CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY**

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or videotape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

**PAYMENT TYPE:**☐ Cash ☐ Check # \_\_\_\_\_☐ VISA ☐ MasterCard

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature for credit card payment: \_\_\_\_\_

**TOTAL DUE:** \_\_\_\_\_**OFFICE USE ONLY**

FA \$ \_\_\_\_\_

GC \$ \_\_\_\_\_

Fee Paid: \_\_\_\_\_

Date: \_\_\_\_\_

Rec'd By: \_\_\_\_\_





# REGISTRATION INFORMATION

Make checks payable to:  
City of Golden Valley

## ONLINE

[www.goldenvalleymn.gov](http://www.goldenvalleymn.gov)

With VISA or MasterCard using your PIN and Barcode assigned to you through the Recreation office. On-line registration is available 24/hrs a day.

## MAIL

Brookview Community Center  
200 Brookview Parkway  
Golden Valley, Minnesota 55426

## IN PERSON

Walk-in registration are accepted at Brookview Community Center during business hours.

## FAX

763-512-2344

Available on for VISA or MasterCard payments.  
You may fax registration 24/hours a day.

## PHONE

763-512-2345

With VISA or MasterCard during business hours.  
Please have your card ready.

## REGISTRATION CONFIRMATION

If you register in person you may ask for a receipt. Confirmations will not be mailed for registrations by mail, phone or fax. You will be contacted only if the program is full, cancelled or a program change is necessary.

## CANCELLATION/REFUND POLICY

All refund requests will be assessed a 10% administrative fee. Full refunds are given only when a program is canceled by the Parks and Recreation Department. No refunds will be given on requests made less than 5 business days prior to the start of a program. Refund requests will not be accepted after any program specific registration deadlines.

## SENIOR TRIP REFUND POLICY

No refunds will be issued after the registration deadline for trips involving the advance purchase by the city for tickets and transportation.

## INCLUSION REQUESTS

Be sure to state that you have a disability or a need for inclusion services at the time of registration. Please register at least two weeks prior to a program start date to allow adequate time for inclusion services.

Stay out of the heat and

**REGISTER ONLINE!**



## Golden Valley Lilac Planting Project

This year there will be a maintenance component to insure continued prospering of the plants. Please watch the bi-monthly Golden Valley CityNews or the city website at [www.goldenvalleymn.gov/events/lilacplanting/index](http://www.goldenvalleymn.gov/events/lilacplanting/index) for news on the dates. Join your friends, neighbors or community group in the annual Lilac Planting Project. Planting occurs in the morning and is capped by a celebration lunch. Come Spring and Summer enjoy the results of your labor as the plants flower along the Highway 55 corridor. This activity is sponsored by the Golden Valley Bridge builders. For more information contact Bridge Builder Dwight Townes at 763-377-8469 or city of Golden Valley Volunteer Coordinator, Sandy Werts at 763-541-2341 or [swerts@goldenvalleymn.gov](mailto:swerts@goldenvalleymn.gov).





Park & Recreation Department  
200 Brookview Parkway  
Golden Valley, MN 55426-1364

Prsrt Std  
US Postage Paid  
Permit No. 1659  
Twin Cities., MN

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# ENJOY SUMMER IN THE PARKS



BIKE RODEO



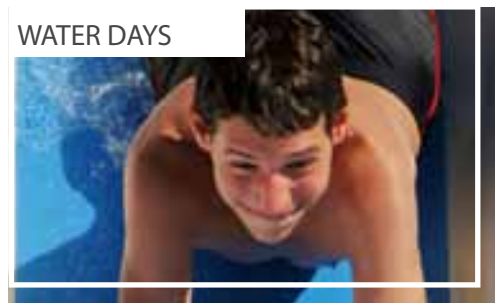
CONCERTS IN THE PARK



RUN THE VALLEY 5K & 10K



ENVISION ICE CREAM SOCIAL



WATER DAYS